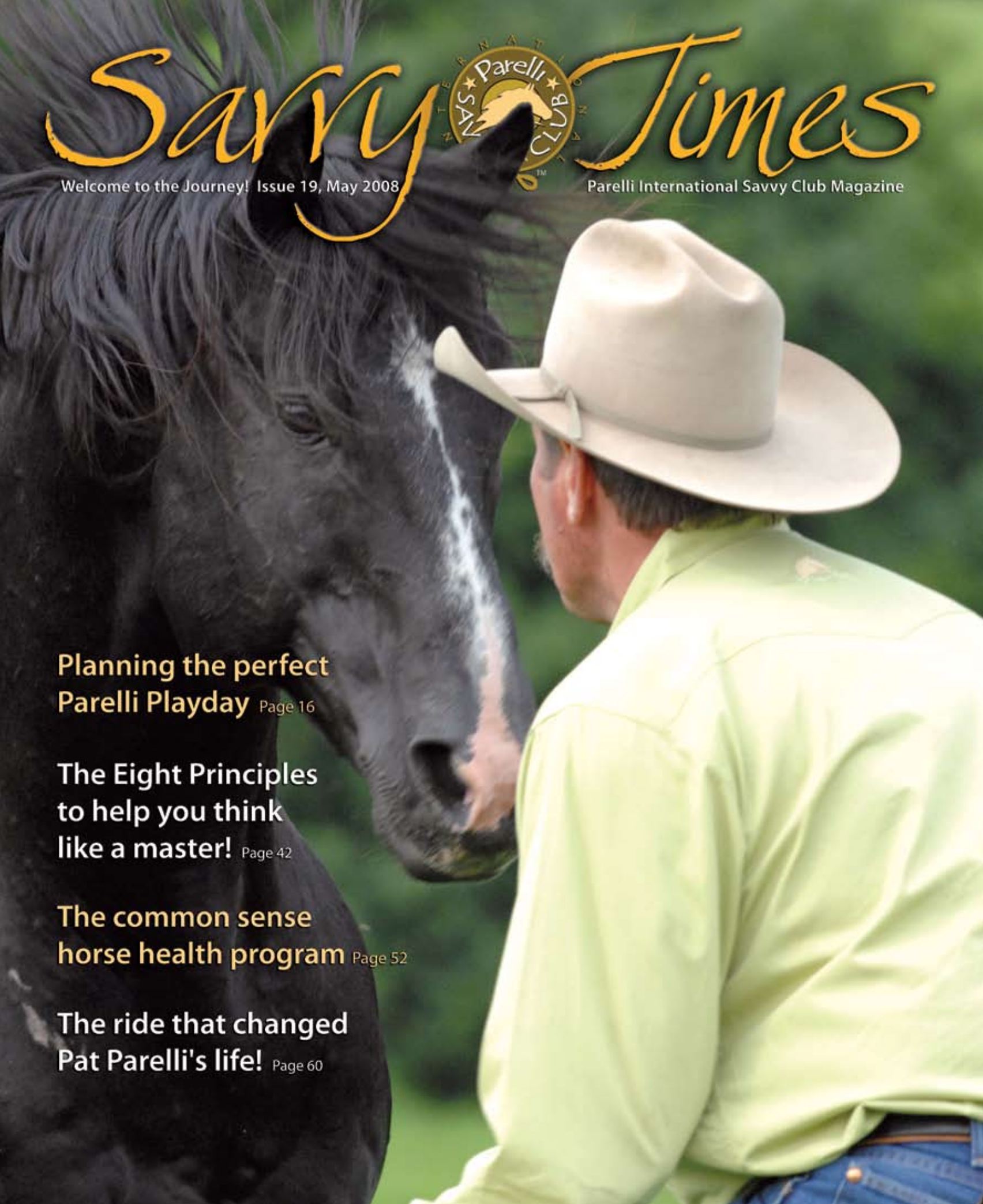


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Savvy Times



Welcome to the Journey! Issue 19, May 2008

Parelli International Savvy Club Magazine

**Planning the perfect
Parelli Playday** Page 16

**The Eight Principles
to help you think
like a master!** Page 42

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horse health program** Page 52

**The ride that changed
Pat Parelli's life!** Page 60



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I had found a way to LIVE MY DREAM..."*

— Rachael Morland



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Day 1

- **The Peril of Specialization – Pat Parelli**

Rushing, refusing, rearing, spooking... what's going on in the mind and emotions of the talented jumper that is difficult and complicated to train? Pat analyzes where the breakdown is and using his remarkable architecture explains the missing pieces while demonstrating success strategies for restoring the failing performance horse. No matter what discipline you pursue, this is the Parelli blueprint for successful specialization.

- **Lazy Horse Makeover – Linda Parelli**

Those quiet, dependable, lazy horses are fantastic for inexperienced riders because they are so quiet and easy going... until you want them to do something! How do you motivate this guy? You know he is clever and can put a lot of energy into arguing with you, but how do you get him to want to put energy into doing the things you want to do? Linda shows you how to use psychology instead of the crop because this is all about the game!

- **"Liberty" De-Mystified – Pat Parelli**

Liberty... circus tricks or the ultimate test? If you took off the halter and lead rope, were surrounded by other horses, not to mention several thousand people in the audience... would your horse stay with you? Does your horse really want to be with you? Would he be focused on you? Could you get him to circle you, do transitions, flying changes, jumps? Liberty has not only become a significant high level goal for Parelli students around the world, it holds the keys to truly connecting with horses.

Day 2

- **Building Bravery – Pat Parelli**

Is it really this simple? Pat Parelli plays with a spooky, cowardly horse and divulges powerful secrets for building confidence in the prey animal. Most people think fearful horses cannot change... but most fearful horses don't have people with the necessary skills to help them. With the right approach, horses can quickly overcome what they perceive to be truly life-threatening. More importantly however, we need to realize that it is our responsibility to help our horse feel safe in our presence, no matter what it is we expose them to or ask them to do.

- **Rider Makeover – Linda Parelli**

How can you change just one or two things and completely transform a rider and their effect on the horse? The secret is... you need to know what those things are! Linda's concept of "Fluidity" is the result of fifteen years devoted to decoding what makes Pat Parelli so naturally balanced and fluid as a rider. In this session you'll see how she uses that blueprint as an overlay for the riders she coaches. And almost more importantly than that, you'll start to see how your own horse can be the greatest riding teacher you'll ever have.

- **The Fun Factor – Pat Parelli**

Can you imagine having fun and still achieving your goals? For many riders the fun evaporates as soon as they become more serious about achieving excellence or winning ribbons. Your horse should not pay the penalty of your lack of imagination. No matter how serious you are... or should we say the more serious you are about excellence... the more attention your horse will want you to pay to this section!



▶▶ New Tour
in 2008!



PAT PARELLI



LINDA PARELLI



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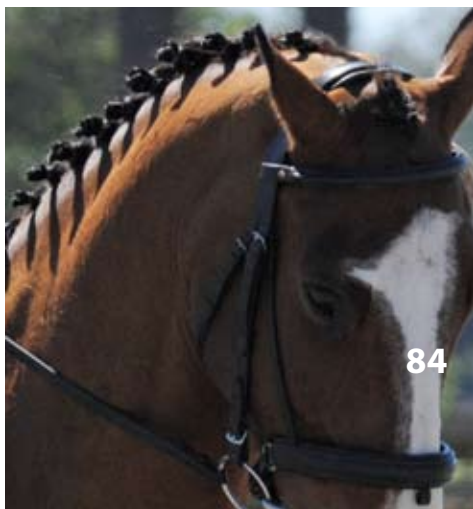
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Going from rancher to Three-Star Instructor to cutting competitor was a natural progression for Don Halladay, Canada's highest-rated instructor. Don says he is living his dream, and the Parelli Program has made it all possible. "The Parelli foundation is the cake, and competitive cutting is the icing I like best."

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Understanding horses at a deeper level will help you select the right horse for your endeavor as well as adapt yourself and the horse you have so you can reach your goal without sacrificing the relationship. It's all about Horsenality™ aptitude.

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Pat Parelli and Casper playing at Liberty



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and trust that you'll never ask the horse to do something
that would hurt or diminish his dignity.*



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Parelli International Savvy Club™ Magazine

Issue 19, May 2008

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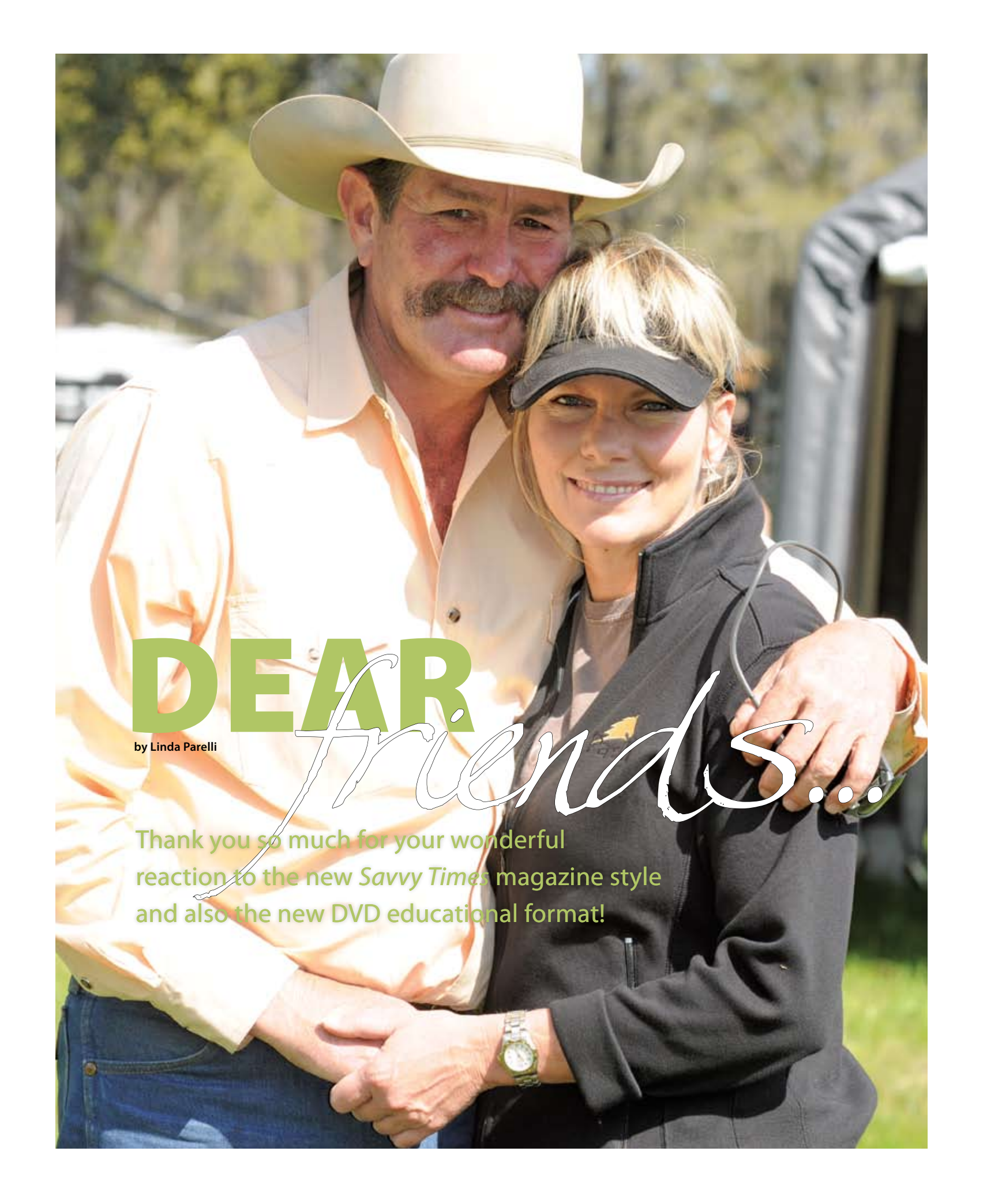
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A man with a mustache wearing a light-colored cowboy hat and a light-colored button-down shirt stands next to a woman with blonde hair wearing a dark visor and a dark zip-up jacket. They are both smiling and looking towards the camera. The man has his arm around the woman's shoulder. The background is a blurred outdoor setting with trees and a fence.

DEAR

by Linda Parelli

Friends...

Thank you so much for your wonderful
reaction to the new *Savvy Times* magazine style
and also the new DVD educational format!



New Tour 2008

Pat and Linda bring new horses and new surprises to each event.

Members and their guests are treated to special lessons with Linda and Pat on "Savvy Club Sunday."



by Linda Parelli

Thank you so much for your wonderful reaction to the new *Savvy Times* magazine style and also the new DVD educational format! Our team is very proud of them, and of course, much of what we've done is in response to requests from all of you. So look forward to continuous improvement in all aspects of the Savvy Club as we continue to tweak. We also had many comments on the Parelli "credo," which is featured again at the beginning of this issue. Many of you told us you framed it or pinned it up on the wall at work. We talk about Parelli being way more than riding, but it's moments like this when we all realize that it is about way more than horses, too.

And speaking of new, we've also come out with a 2008 tour program. Unlike our previous two-day program, which followed a sequential format spread over both days, the new Day 1 is all about the Parelli Program and how it helps you to do three things: Reveal Your Horse, Discover Your Potential and Live Your Dream. Day 2 is for members only. We've called it Savvy Club Sunday! And although we've only done two at the time of this writing, the response has been fantastic. We want you to feel special, and now we can start Sunday with a feeling of familiarity because we're all talking the same language.

If you are bringing someone new, they need to see the Saturday program, because it shows what Parelli is all about. And then, because he or she is your buddy, your guest gets to come to the Sunday program with you and see what it's like to be on the inside. So far the format has featured us playing with our horses and showing what we're working on. Then I give a lesson to someone from the Savvy Team, and Pat gives a lesson to a Savvy Team member's horse. We can do so much more because of what you already know! So if you haven't been to a tour stop in a while, you have to come see the new one and bring your buddies!

Last week in Little Rock we had a great surprise. One of our friends bred a mare he got from us who is a daughter of Scamp



(Pat's super mare, now 27) and Salty (Pat's original super stallion). He put Tango to a nice cutting horse stallion, and what popped out was a gorgeous buckskin spitfire of a foal! He named her Scamp, and of course we saw all the baby photos.

Sadly, Tango died a few months later, and to cut a long story short, Edwin and Diane wanted to bring young Scamp for us to see. She arrived at the venue there, and Pat could immediately see what a handful she was, so he offered to play with her on Savvy Club Sunday. What a treat! And what a horse . . . she is a Left-Brain Extrovert with a high spirit and loads of confidence, very friendly and very sassy, and she's only six months old!

At the end of Pat's session with Scamp, Edwin came into the arena and told Pat that he knew she was too much horse, and during the break he and Diane decided to give Scamp to Pat. It was a very emotional moment, and even more so when Pat brought Edwin into the arena to tell everyone. Pat is so excited. He told me that she reminded him of his own Scamp when he met her as a yearling, and he knew right then and there that she was going to be something special. So young Scamp has come home with us and basically has taken over the barn! (If you went to the Tour Highlights link in the March 7 e-News, you saw her in action.)

The Parelli Winter Season

It's been a lovely winter here in Ocala, and lots of students have made huge progress playing with their horses in the courses they've attended. It's always wonderful for us to see students using our facility; we can literally look out the window and see beautiful horsemanship and relationships building day by day.

During every course Pat and I do something for the students—a demo, a talk—and then there was a big surprise even for us. We held the world premiere showing of a new documentary made about Pat called *Zero to Hero*. Although we had already seen it a couple of days earlier, it was fun to watch the reactions as Pat's story was told in a



Top: Lessons with Linda at the 2008 USA Tour.

Above: Latest addition to Pat's herd, little Scamp, gets curious about her new home at Pat's barn in Florida.

Left & Below: The "secret" USA premier viewing of "Zero to Hero" for students at the Florida Parelli Center.





Above: Linda with Joanna Mendl Shaw and dancers from the Equus Projects: "Dancing with Horses."

Below: Lessons with Dressage Master, Walter Zettl.

Far Right: Words of wisdom from Pat with his Performance Barn Team.



Right & Below:

Father-and-son demonstrations with Pat, Caton, Sailing Smart and Liberty Major at the Bill Horn Shootout and Marion County Therapeutic Riding Association events.





very exciting way. The narrator is none other than “Dr. Who,” Colin Baker, and the producer/director is Austen Atkinson, whose story you will read in this issue. We’re thrilled to now have Austen on board. He is taking our TV shows to a whole new level!

Back in Pagosa Springs it’s been a different story—they’ve had the biggest snowfalls in many years. There were even a few days where our staff couldn’t get to the office! It’s going to be a very green spring and summer, so the place is going to be stunning for all of you who are coming to take a course there.

You’ll also get to see our new office right on Highway 160—you can’t miss it. It’s huge! This is our new World Center, and it is built for us to grow into. Everyone is excited about the move; it’s another dream come true for us. Pat always imagined having this one day, and here it is.

Dancing with Horses

I was very privileged to spend some time with JoAnna Mendl Shaw and five of her dancers. We had arranged a private clinic so I could teach them more with horses and JoAnna could help me with Fluidity insights. As always, it was riveting for me, and to watch them grow with the horses over just three days was incredible.

What I learned from teaching them is the level of patience and athleticism they have. Every one of the dancers reveled in every moment of being with the horse, and undemanding time was the easiest, most pleasurable thing for them to do. Once I taught them more about leadership, they quickly bonded with the horses, and day three looked like a Level 3 class of students playing Stick to Me all over the playground. That’s where the athleticism and fitness was so impressive . . . sheesh! They could run and jump and twirl for ages, and the horses loved it!

During the evenings we had some amazing conversations. They are deep thinkers, and we broached so many subjects on leadership, life and ethics. Some of the things JoAnna helped me with have been quite profound for me, kind of a droplet that has turned into a waterfall. So as a result I have some new insights that I’m playing with before I incorporate them into our teaching, and all I can tell you is *it’s very exciting!*

Meanwhile, Pat Parelli is working on his health and fitness and involving Caton with it all. He’s at the club and gym almost every day of the week, and when he’s not working out doing “Boot Camp” he’s working on his golf skills! He’s become quite engrossed and is studying the many parallels



between golf and horsemanship, not to mention a program called Natural Golf, which has rung a lot of those similarity bells. In February he even organized the Bill Horn Tournament at the superb Golden Ocala Golf & Equestrian Club. This coincided with the exciting reining competition The Bill Horn Shootout, which attracted some of the top reiners in the country. Several of them are hot golfers, hence the golf tournament. Caton and Pat also put on a lovely father-and-son demonstration at the Shootout on Liberty and Sailing Smart.

So now spring is in the air, our horses are shedding to reveal rich, shiny coats and our tour season is revving up.

Speaking of father-and-son demonstrations, they also did one for the opening of the Marion County Therapeutic Riding Association's new facility in Ocala, which attracted a thousand people, a performance by the Lipizzaners and combined driving champion Chester Webber. In fact, Pat challenged Chester to a driving competition through the cones, both with four in hand!!



Onward and Upward!

Many of you know that we are learning with Walter Zettl, who visits us every month or two for five days. This last time Pat rode four or five horses a day with him, and I, of course, rode Remmer. We're making great progress, and it's interesting being on a steep learning curve again. Pat is committed to learning the true classical dressage from such a great modern master as Walter, and we have talked about writing a book together on the connection that the Parelli Program and classical dressage have. Walter calls it The Bridge. So stay tuned for that. In the meantime, books and videos by Walter Zettl are available at walterzettl.net and can also be found, along with some others, via the link on our website called Parelli-Friendly Trainers (on the instructor link).

So now spring is in the air, our horses are shedding to reveal rich, shiny coats and our tour season is revving up. Soon we are off to Massachusetts and Harrisburg, and then we'll be driving across the U.S. to the west coast for an open house at the Atwood Ranch, followed by tour events in Oregon and Montana. After that, we'll arrive at our summer home in the stunning Colorado Rockies, in that little spot of paradise called Pagosa Springs . . . not to mention our largest event this year at the Birmingham NEC in England!

Keep it natural, and we look forward to seeing you on tour, at a course or at the Savvy Conference in September. 🐾

Top: The first ever Bill Horn/Parelli Invitational Golf Tournament at the Golden Ocala Golf and Equestrian Club.

Middle: Pat's challenge with driving champion, Chester Webber at the opening of the Marion County Therapeutic Riding Association's new facility in Ocala, Florida.

Below: Playday outing with Pat, Linda, Parelli Center Faculty and Pat's Performance Barn Team.



by Don and Randee Halladay

DON

Halladay

3-Star Canadian Instructor,
Puts a Little Icing on the Cake!





by Don and Randee Halladay

Going from rancher to Three-Star Instructor to cutting competitor was a natural progression for Don Halladay, Canada's highest-rated instructor. Don says he is living his dream, and the Parelli Program has made it all possible.

Don took his first Parelli clinic in 1995, with Linda, and it was the start of something very good. Don tells us how he made his way to the icing on the cake:

"I had the good fortune to be born into a ranching family, and horses were a part of my daily work. I wanted to be very good with horses, and the ranching life gave me lots of opportunity to work cattle and ride. The desire to learn more and keep learning led me to take a Parelli clinic. By noon on the first day of that Level 1 clinic with

Linda, I knew the Parelli program had what I was looking for—a way to build a relationship with my horses.

"There's an old adage that if you want to learn more about any subject, teach! I received my Parelli 3-Star endorsement in 2003.

My learning curve was steep in the build-up to achieving that milestone, and I wanted to ensure that I kept learning as much as possible about horses. Being an instructor with a full schedule, I have very little time during the clinic season for my own horses. I have set it up so that each year, when winter hits at home in Alberta, Canada, I head south for better weather and devote the entire season to my horsemanship development.

"Last fall I went looking for a suitable horse for competitive cutting. Keeping Horsemanship Principle No. 7 in mind—'Horses teach humans and humans teach horses'—I wanted a horse at least five years old that had some competitive cutting experience so I could focus on learning how to show a cutting horse and not have to be concerned with the training of one. I found Smart Koki Joe in December 2007. He's a grandson of Smart Little Lena, a very famous cutting horse. Before leaving Canada, I had two opportunities to work Koki on cattle with the assistance of his trainer.

"I headed for Buckeye, Arizona, in January to kick off a lifelong dream. The reason I had been carrying around the dream for some time was that it takes time to build a foundation in the human, and I wanted to make sure that my foundation was solid. To say I was excited to be competing doesn't really describe it. Koki and

I entered two classes at Buckeye. There are two classes for beginner cutters—one for riders that have not won over \$500, and a second class for riders who have not won over \$2,000.

In both classes the horse can be any horse, even a world champion, so the competition at this level can be tough. The cattle in these classes are called re-run cattle, meaning they have been used before, and they can get pretty wild, running from one side of the pen to the other and not respecting your horse.

"Cutting demands extraordinary control on the one hand and lightning-quick action on the other. A cutting run lasts for two and a half minutes and is scored from 60 to 80 points. Each run starts at 70 and then is marked up or down as the rider either earns points or loses them for errors, such as being out of position, lifting up on the reins and letting cattle get back to the herd. On the first two runs Koki and I marked a 60—the only thing lower is a zero, and that happens if you leave the cutting area before the time is up. The first two runs helped to take the 'high' off of both of us, and we started getting it together.

"Koki and I showed twice a day for five days, with progress being made each day. On the last day of competition we scored a 72 and

a real pretty 74. When the dust had settled, Koki and I had won the average in both classes! Lucky? You bet! The Parelli definition of

"Competition and Parelli Natural Horsemanship are a dynamic combination. Pat Parelli's Principles of Natural Horsemanship not only do not need to be compromised for horse and human to be competitive; the principles actually provide a way to compete successfully."

'luck' is 'where preparation meets opportunity'. It is prior and proper preparation through the Parelli program that allows Koki and me to be competitive. Koki has come alive through Parelli, and the heart and desire he is showing are humbling. My job is to give Koki the best life possible. We continue to show and place well. Each time out I learn a bit more about Koki, the sport and myself.

"Competition and Parelli Natural Horsemanship are a dynamic combination. Pat Parelli's Principles of Natural Horsemanship not only do not need to be compromised for horse and human to be competitive; the principles actually provide a way to compete successfully. As Pat says, 'Horsemanship should always come before a sport or discipline.' The Parelli foundation is the cake, and competitive cutting is the icing I like best." 🐾

Read more about Don and see his clinic schedule on www.donhalladay.com.

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Global Community

Reader submissions from around the world

United States

Jazz & Indigo in “Who’s on First?”

John W. Ellenberger, Colorado

On the weekend of February 1, 2008, Pagosa Springs received approximately two feet of snow, adding to the three feet already on the ground! My wife glanced outside and noticed two of our geldings playing dominance games.

Indigo (or Indy, as we generally call him) is a 13-year-old blue roan mustang. My wife has owned him for a year or so, but it’s been slow going. Indy is very Left-Brain Introvert/Extrovert and generally mistrustful of humans. He’s currently leader of our “herd”.

Jazz is (we suspect) a 14-year-old Morab. Jazz is convinced he’s equine royalty; he loves to move and gets very flashy at the trot. Jazz is a Left-Brain Extrovert. Before Indy arrived, Jazz was head of the herd.

On the day the pictures were taken the two of them began with an extended bout of face tussling—nose to the other’s neck, trying



to nip and force the other back. Indy then picked up one of their food bowls and pushed it in Jazz’s face, starting an extended session of food bowl tug-of-war. After several minutes of this, things started to get more physical. The tussling got faster and more intense.

The first picture shows Indy starting to rear when Jazz wouldn’t back down from the tussling. Jazz threw his head back to avoid him but didn’t move otherwise. On landing, they went back to very fast face tussling.

Indy then decided he’d had enough. He

reared up and bared his teeth at Jazz. Jazz got out of the way of

those teeth and looked a bit less sure of himself. Indy immediately pushed his advantage, and Jazz started to walk off.

Indy finalized his victory by following Jazz from one pasture to another and continued trying to face tussle. Jazz finally turned around, threatened to kick, then let loose. At that point Jazz conceded the field; Indy is still head of the herd.

Another Endeavor

Jenifer Morrissey, Colorado

I’ve just been reading issue 18 and “The 76 Endeavors” and thought you might enjoy this photograph of another Online endeavor: packing. I certainly want excellent ground manners when I’m on the trail working, and these three ponies were exceptional. In the dead of winter they packed posts and poles two miles into a roadless area for a fence. Mya the Wonder Pony, in front, is the love of my life. She was teamed with our employee Joe that day, and he has no experience with equines. He said it was like leading a well-trained dog!

Torrin, a Norwegian Fjord gelding, is my Levels pony and is pa-



tiently waiting for me to take time off from working him in harness (my passion) to progress in our Level 2 ridden work. He’s a hoot at Liberty on the ground!

Sue, another Fjord, was teamed with my husband Don that day. She has proven the value of the stack of Savvy Club DVDs, as I’ve

mined them for ideas to increase her confidence. It's been successful, as this was her and Torrin's first time packing. They were great in very difficult conditions.

Europe

Never Too Old to Learn!

Alan Baxter, Spain

I run a riding holiday center here in Spain. I have been with horses all my life and started riding at around three years of age. I am now 57. I had never heard of this Left-Brain, Right-Brain idea until my yard manager showed me a Parelli DVD. I have ridden and gentled many "crazy" horses in my lifetime, but none like my present challenge, El General. He is a four-year-old Spanish/Andalusian cross. At first, no one could get near him. He would just bolt. We had him gelded to see if that would help . . . not a chance. But with time and considerable effort, I eventually got to the stage where he would let me approach and touch him. After many months I eventually got to back him using "traditional methods" and ride him, although he has never been a touchy-feely sort of horse. He rides along very calmly and quietly, and then for no apparent reason spooks and goes into a bucking frenzy. I was at my wits' end with him and was considering selling him, as I have been the only one able to get near him or on him except with the above consequences. So after seeing this DVD I sent off for the Parelli Horsenality™ chart plus DVD. I charted everything about El General's nature. You guessed it: Right-Brain Extrovert. Although I have not done any of your courses, just this ability to



analyze my horse gave me the indication I needed to work with him. Within twenty minutes the results were outstanding. It gave me the idea that if I got him to concentrate on what he was doing and not what I was doing, he might just enjoy things more. So after the initial sessions of getting to know each other again, I now ride him over the most difficult terrain I can find with barely a touch on the reins. He enjoys it, I enjoy it, and now we don't have any bucking frenzies. I had always thought of myself as a good horseman, but it just goes to show you are never too old to learn!



United Kingdom

Riding by the Sea

Paul Matthews, U.K.

We turn upon a sixpence and sprint along the sand
In a race to the far horizon, along this jagged edge of land.
Then we slow to a rocking canter and feel the rhythm of the sea,
And slow again, to stop and stand alone;
The world, this horse and me.

A querulous snort at a threatening wave, an irresistible prick
of the ear;

The horse feels the opposing pull of his senses—curiosity
balancing fear.

But here is the ultimate canvas for a living work of art,

Nature in its finest form:

Pure lines, pure mind, pure heart.

A little conversation as we dance along the shore,

Applauded by the sea gulls' cries and the rumbling ocean's roar.

No judges here to rank our worth; all rules shall be ignored,

Passage, piaffe and pirouette

Are pleasures shared, not scored.

We turn for home, our lives unlocked and free,

Ushered back by the incoming tide of the rolling emerald sea.

Bathed in a rich confection of earth and wind and sky,

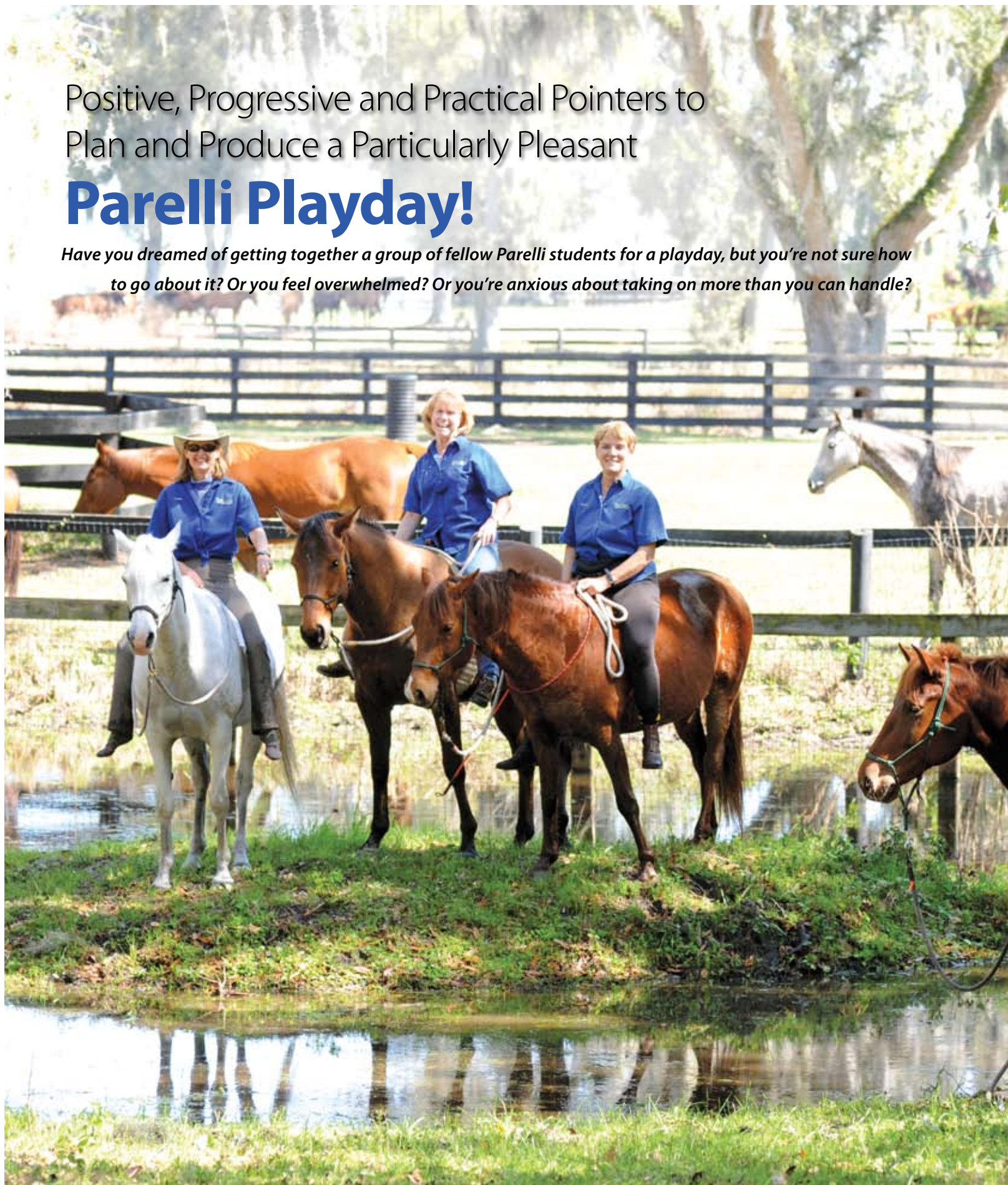
We feel in touch with heaven

On the beach, my horse and I.

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Positive, Progressive and Practical Pointers to Plan and Produce a Particularly Pleasant **Parelli Playday!**

Have you dreamed of getting together a group of fellow Parelli students for a playday, but you're not sure how to go about it? Or you feel overwhelmed? Or you're anxious about taking on more than you can handle?





by Norma Safford Vela

Maybe you hesitate because you think you don't have a proper playground. That was *my* excuse! But after speaking with Bill and Claudia Parkhurst—*expert* playday producers—I learned that I simply need to “Let It Be.”

Bill and Claudia attended their first Savvy Conference in 2001. “Bill was so inspired that as soon as we got home he cleared an area for a playground and began to build fun obstacles,” Claudia explains. “He cut trees for jumps and bought old railroad ties, traffic cones and barrels. Since then he has added a bridge (a gift from my Savvy Sisters), a car wash and a platform jump.”

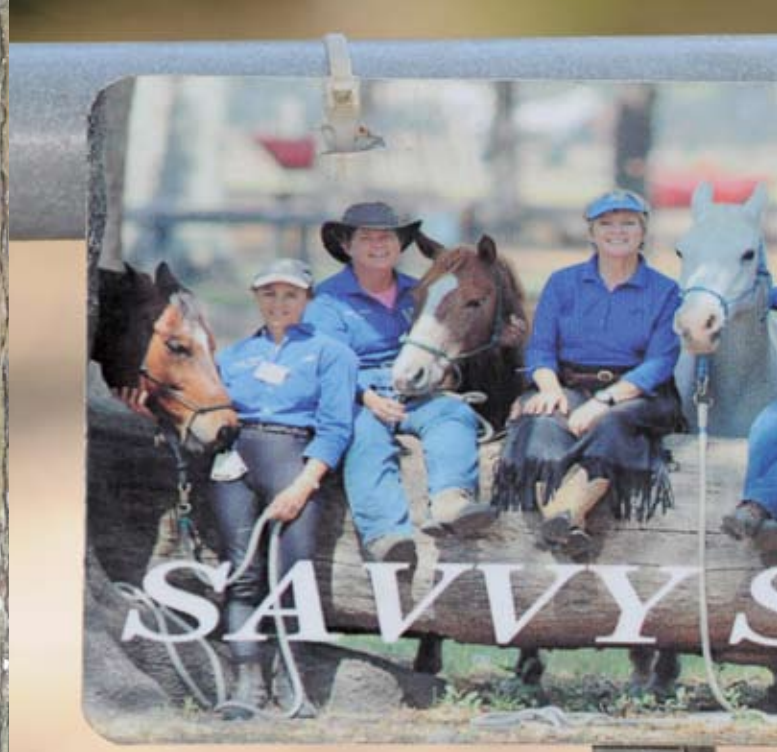
Still, Claudia insists that a successful playday doesn't require that you spend a lot of time and money creating the perfect playground. “It is about imagination and dreams and faith that dreams do come true. It is about the energy you bring to the group that makes them want to return week after week, year after year. It is about creating a safe, harmonious, fun atmosphere where people are inspired to be the best person, the best friend, the best horse person they can be.” So space for a few horses to play together, creative use of existing trees, the addition of a tarp or some traffic cones and a big shot of positive thinking are all anyone needs to get started.

Claudia remembers that she and Bill had zero expectations of how their first playday would turn out. “But if you build it, they *will* come!” Seven years later, what started as a small, casual group has developed into a committed family, known as the Forever Spring Savvy Sisters, with a core group of six members that grew to nine regulars, as well as a large number of guests dropping in. The Savvy Sisters get together weekly to encourage and support one another, improve their ground and riding skills and share experiences. But their primary focus is on fun!

“A creative, playful mind” is the number one requirement, according to Bill, who surprised the Sisters one year with matching shirts for each of them, embroidered with “Forever Spring Savvy Sisters” and their names (Bill's shirt reads “Token” as the lone male member).

The Savvy Sisters also love to celebrate. With seasonal decorations, birthday surprises and the occasional dress-up playday, Claudia and Bill know that keeping it *fun* is what keeps people coming back every week. “Bottom line is when I am with my horse I am ten years old. The Savvy Sisters fulfill my childhood dream—playing with my best friends and their horses.”

Claudia says that producing the weekly playdays has taught her a lot about being able to trust and to let go of all expectations. When I shared my nagging concerns about having all the details handled and worried about the “what ifs” swirling in my head, Claudia reminded me of Linda Parelli's great attitude toward a challenging horse: “Oh, boy!” Good point. Maybe producing a playday would develop my emotional fitness! All right, I'm going for it! How about you?





Logistics

Claudia recommends getting a couple of your Parelli playmates together *prior* to your playday for proper preparation. Talk about these questions:

1. When—What day/date is best for everyone?
2. Where—Who has the facility?
3. What—What obstacles or play area improvements can anyone offer (barrels, jumps, poles, umbrellas, anything!)? What's for lunch? (Potluck works best!)
4. How—Do you want scheduled activities or a more casual approach? Do you want a group leader? Do you want to invite a Parelli instructor?

Bill recommends that you have a few details in place:

1. Parking and turn-around space for truck and trailers.
2. Bathrooms!
3. A liability release for *all* those attending, whether they participate or not.
4. If lunch is potluck, folks will need a place to keep food hot or cold until it's time to eat.
5. Music!
6. Water!
7. Shade!
8. Have a place for horses during breaks—extra pens or a secure tie rail.
9. Notify your neighbors that there's going to be extra traffic.

The Parkhurst Playday Schedule

- The day starts at 10:00. They often have a list of challenges for participants.
- Play until lunch break at 1:00.
- Potluck lunch—also a great time to watch Parelli DVDs together!
- Back at 2:30 for more play or a trail ride until 4:00 or 4:30.
- Circle up, thank your hosts and head for home!

A few more tips:

1. Take lots of pictures—Parelli photographer Coco's advice is to try to "catch people being Savvy!"
2. Avoid offering advice unless input is requested.
3. Be willing to speak up if someone's horse is not appropriate for the event.
4. Take responsibility for your and your horse's safety.
5. Use the Parelli flip book from "Liberty & Horse Behavior" Pack to create challenges. 🐾



Who's the Quad-Polar Left-Brain Extrovert with a Camera?

An Interview with Austen Atkinson

You can't miss him: big smile, always has a TV camera in hand, looks like Telly Savalas' grandson but sounds like Michael Caine on a good day! Meet Austen Atkinson, Parelli's new TV director, who has made it his mission to "revolutionize equestrian TV."

At 38, Austen has already written, script-edited, produced and directed dramas, comedies and factual films all over the world. He's written for Hollywood animation studios, created series for Sony Pictures and authored internationally acclaimed books that have been adapted for American and British TV. At one time he even wrote for Marvel Comics and wrote science articles for Britain's leading newspaper, the *Sunday Times*. His work is universally well liked, and he's won a few awards along the way.

So what makes you so good at what you do?

Austen: I *passionately adore* filmmaking. I knew I had to be a filmmaker from the age of nine . . . and then fate led me to Julia Cameron's book. She's a famous artist and writer and one-time wife to another famous Italian-American, film director Martin Scorsese. Her book *The Artist's Way* first made me realize how to tap my creative potential way back in 1993 (I was 23). Cameron teaches creatives how to transition from the left side of the brain—the logical side,



Above and Right: First trip to Colorado in June 2007 — the making of “Zero to Hero.”

Left: The “Horsenality Honeycomb” taping with Richard (camera) and John (sound).

Opposite Page: Taping in Florida with Pat and Linda.



the calm side, the partnership and cognizant side—to the right side of the brain on demand. The right side, by the way, is the dangerous side, the passionate, exciting side; the creative hemisphere of the brain.

So you go right-brained when you work?

I plan with the left side of my brain, set things up logically so I have a framework, then, via mental exercise, leap off into the right side. It's really powerful. If I'm writing or editing and I'm right-side I can look at a clock and then look up again and find 20 hours have gone, and I wasn't even aware of it. I'm not in the room. I am in the moment. In the film. I mean it. Try it. You don't need drugs to expand the mind; if you exercise it enough, you can expand it all by yourself!

Ever been on a train that you take regularly? You move off the train onto a platform and walk onto another without thinking openly about it, lost in thought. Then as you approach the platform you freeze, in a moment of indecision, looking for a sign to confirm what you already know is true: that you are on the right platform. Recognize that moment of indecision? Well, that's when you were right-brained, lost in thought, and your left brain exerted its dominant self and demanded logical proof that you were going in the right

direction. That's a moment of switch between right and left sides of the brain. When writers get that lost feeling, it's called a writer's block—it can last for weeks if you don't understand the process. Interesting, isn't it?

So when Linda presented the Horsenality™ model to you it must have made total sense.

Understatement of the century! That was one of those big pivotal moments that we all look back on and think, “OMG (oh my gosh), that was *massive!*”

I'd just landed in Colorado in early June 2007 and had a tour of the fabulous ranch in Pagosa Springs ahead of shooting the big **Parelli: Zero to Hero** film there. Linda and Pat saw *Parelli's Secret* that day, the first project I made for Parelli, and loved it. Excited, Linda pulled out some handwritten notes and proceeded to reveal the Horsenality™ model. Rough-hewn and embryonic at that stage though it was, I knew instantly that it would become one of *the* vital components in a horseman's toolkit for the rest of time. It was that pure and right.

As I profiled my horse Finnigan, I saw immediately why he and I had been through such a rough time together. He emerged as a mostly Left-Brain Extrovert who could snap Right-Brain at any

moment, but could easily snap into the other two quadrants in an instant. I was looking at a description of me! When we met it was like two hemispheres of plutonium coming together: *boom!* Horsenality™ immediately gave me strategies, all thanks to Linda's hand-drawn chart. I was totally blown away. The proof is that now Finnigan and I, well into our Parelli journey, have finally had *the moment*, that tipping point when everything changes and your horse becomes soft. It was two weeks ago in a snatched ten minutes of play that I nearly didn't have. We achieved the best, most responsive Liberty that we have ever done. It was incredible.

So how did that Right-Brain/Left-Brain creative process help you with the first big Parelli shoot?

It was crucial. Pat and Linda hoped I could find a way to incorporate Horsenality™ into *Zero to Hero*. Everyone looked at me expectantly. How could I build Horsenality™ in? I knew I needed to go through my process. I went outside onto that incredible balcony of theirs that overlooks the entire ranch and the Rockies beyond. I went into my routine. I stared at the sun, then a fixed spot on the fenceline repeatedly, giving my left brain a monotonous task that it couldn't handle. My dominant left brain ran away in despair and let me go

I went and told Pat and Linda that they had unknowingly built their Horsenality™ chart for real.

The honeycomb is the chart.

right-brained. I stayed there a few minutes, and *pow*—the idea came. I went and told Pat and Linda that they had unknowingly built their Horsenality™ chart for real. The *honeycomb* is the chart. In a high shot I would film a Right-Brain Extrovert horse in one ring, a Right-Brain Introvert in another, and two Left-Brain horses in the other rings. We'd have a stunning visual that would always give people a strong mnemonic to remember Horsenality™ by. In fact, that entire concept gave the film its fourth act.

You own and ride horses and are studying Level 2/3 right now. Has Parelli changed your life?

Constantly, since I first encountered it four years or so ago. It's fate . . .

You had a riding accident, though, didn't you?

I broke my neck!

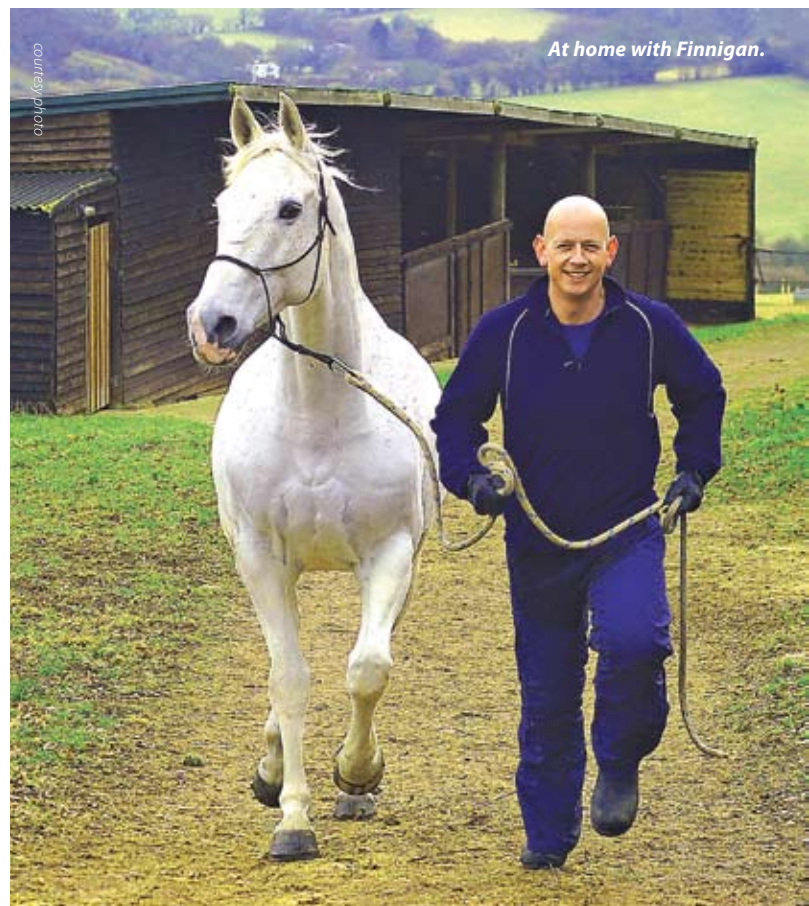
Rewind the tape a minute—a bit of background needed here. I am from the north of England, a very industrial area: petrochemicals, shipbuilding, coal mining. I always dreamt of learning to ride, but it was so far away and above the aspirations of my folks that it had to remain a dream. In any case, they thought I was enough of a dreamer

with my obsession to make films for TV! Like Pat, I absolutely loved TV series like "The Lone Ranger" and "Champion the Wonder Horse" and wanted to be just like the guys on TV. The closest I got as a boy to equestrianism was seeing the rag and bone man's horse—do you have those in the USA? Guys who drive around with a horse and cart and collect old scrap metal from a neighborhood? They were regular characters on our streets, and lemonade and coal delivery vehicles were towed by horse, too, back home, in the early 1970s. Sounds poor, doesn't it? It was!

My wife had ridden as a child, so when we managed to make a go of life in the late 1990s we started taking lessons at the famous Wellington Equestrian Centre in Hampshire. They were terrific. By the millennium we had already met and ridden Josie, a wonderful school horse who would, in time, become our first horse. I was doing cross country and a little show jumping with her, and my wife, Donna, wanted to ride out on her. We clearly needed another horse, and being a boy, I decided I wanted a big, powerful, wild one with lots of *go*.

Wrong!

My horse, Finnigan's Chance, was way too good for me. I wanted an eventer. I chose a beautiful gray 16.3 hand Irish Draft/Thoroughbred cross. I was gung ho and thought I needed a fiery, fast-moving,



loose-limbed athlete with a scopey jump and attitude to match. Oh, heaven and angels help the foolish! I was a “norm,” so the harder he pulled away from me, the stronger the bit I put in his mouth. I wanted a relationship like Ricky and Champion the Wonder Horse, but instead it turned into a battle. I was told to try “that Parelli horse-whispering thing” and tried to do what I thought was Parelli without seeing any course material. I was also listening to the nonsense and time-honored balderdash that is spoken so incessantly by ladies who chatter at riding yards. It was an accident waiting to happen.

Whilst we were practicing jumping, Finnigan spooked really badly as a tractor went past the school. He went into his polo pony-style lateral move, followed a millisecond later by a vertical jump, a pirouette and a bolt! I didn't know anything about the balance point and so came off, landing on the jump, my throat taking the entire impact. My Adam's apple was smashed into the right side of my neck. My head snapped back, and my helmet crunched into my vertebrae and broke my neck. I was on my own. I couldn't breathe at all. I had a stunning moment of clarity. I felt my neck, realized it was mangled, and knew if I didn't get an airway I would be dead inside three minutes. I popped my Adam's apple back into place and gulped

air down. Then the pain hit. A massive wave of it. Finn came back and just stood beside me, baffled, looking like Scooby-Do does when he says “Huh?”

Were you scared of getting back on a horse?

Let's just say I knew one of us was going to get killed unless I found a better way to be with him, and if I got up out of the hospital and walked again I was determined to find that new way. Right then a friend gave me a free Parelli DVD, and that was when I realized what Parelli was really about: communication and partnership. It was *a big moment*. I learned to talk again over the following months. Got healthy and got Parelli!

Audiences all over the world are going to be in for a treat when they see the new Parelli films you've made. What have you got lined up for us?

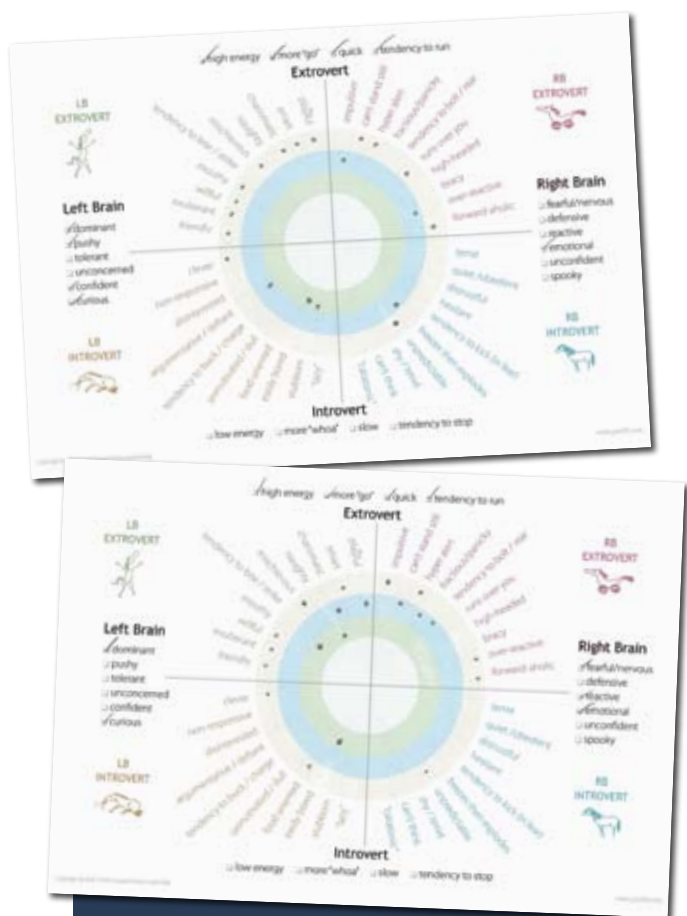
Well, there's a team working with me, and we are all very excited. We have 15 new shows that we're making for broadcast in the U.S. via RFD, and in the U.K. on Horse and Country TV. America will soon get to see *Zero to Hero*, the three-part *Parelli Masterclass: Way More Than Riding*—the radical treatment I gave to the fabulous weekend event at the NEC in Birmingham, England, in 2007. That was quite an extraordinary event; it was attended by thousands of awestruck people. They had never seen *anything* like Pat and Linda before!

To me the film is important. It is immutable proof that the Parelli philosophy can radically change lives for the better, and I don't mean just the lives of horses.

Right now we're in pre-production on a series that will tell the remarkable stories of five of Parelli's leading international flame-bearers. The series is called *Parelli: Live Your Dream*. We've just finished the pilot episode. The other series are under wraps right now, but I can promise you that you will be blown away.

The *Live Your Dream* pilot is just beautiful. I have never seen anything like it before! Linda said it summed up Parelli better than anything she'd seen, bar none.

Well, that's fantastic to hear. I gave it my heart and soul. Everyone worked very hard on it, not least the main protagonist—Rachael Morland, a British 2-Star Parelli instructor. She is a wonderful young horsewoman. To me the film is important. It is immutable proof that the Parelli philosophy can radically change lives for the better, and I don't mean just the lives of horses. We stand or fall by the demonstrable power of our message, and *Live Your Dream* proves just how powerful Pat and Linda's concepts are: When you really do commit, you can literally live your dream. I am living my dream right now. 🐾



Austen's Chart (top) and Finnigan's chart (bottom).

How I Calm...

My Right Brain Extrovert

Ginger

Katherine Carlson, Minnesota, USA

Ginger is my five-year-old time bomb waiting for the perfect moment to explode. Being a Right-Brain Extrovert Quarab, she does not hide her emotions and becomes reactive to anything during times



I need her to be Left-Brain the most. Whether or not I am riding her, I ensure that I am not on her back during this moment. Immediately I soften my demeanor to confirm that I am not being too aggressive, but I match her energy. Mostly I play the Yo-Yo Game, and I often change directions in the Circling Game to induce her thinking. It does not matter where she moves her feet at

this point, just out of my space. The moment she changes her energy I soften even more and play different games depending on what she is worried about. As her head lowers and she releases a sigh or snort, I disengage her hindquarters and allow her to relax even more as I play the Friendly Game.

Confidence, Savvy and Gratefulness

Debbie Darrin, California, USA

My Right-Brain Extrovert used to be more of a Right-Brain Introvert. When he transferred over, the floodgates opened, and it was a rush I was not able to handle. I didn't handle it with Savvy the last time, about two years ago. I ended up with a broken leg, and we both ended up with a huge hole of unconfidence in our relationship. I've had horses all my life, but this was an episode that could have turned it all around. That is when I knew I had to find another way or we were over.

So we began our second life together with the Parelli program. Through at-home Level 1 and Level 2 DVD courses and local clinics I started becoming a more educated, confident leader. I attended a Liberty and Horse Behavior course in Pagosa Springs at the Parelli Center in 2007, which turbocharged our momentum! I am riding again with confidence, Savvy and gratefulness!

Now instead of my horse, Emmit, spooking away from everything (including me) as far as he can go, he spooks to my confident leadership. When I'm on his back he doesn't have to

go too far anymore! He has learned to disengage and to reconnect with me so we can move on with an easy and familiar pattern for him. This calms him down in that it takes his mind off the spook and reminds him that I will take care of him, we are okay and we are partners. Now he is getting to know his Left-Brain Extrovert side! That's a good thing. He didn't know he had a brain before! Now we have a conversation! Thank you, Parelli! The journey is alive forever.

Approach and Retreat

Carey Russ, Montana, USA

My Right-Brain Extrovert, Finnagan, whose main issue is safety, gets calmer with approach and retreat. Whatever the situation is—the trailer, my new barn, the pasture that he has to walk by some scary trees to get to—can be addressed through approach and retreat. Sometimes with a lot more retreat than approach! I am slowly learning to slow down myself. This horse has a lot of play drive, and so do I. I've had a tendency in the one and one half years that we have been partners to try to push that play drive out. Then my complicated Hanoverian with a lot of baggage from normal training to be



a show jumper goes extreme Right-Brain Introvert catatonic, and that is no fun at all. I have also found that I have to do whatever it takes to get him mentally engaged in what we are doing.

Left to his own devices, he would think the worst in every situation; but if I can get his mind on transitions, that ball or a log and do tons



of repetition to build his confidence, he starts to offer me all kinds of stuff just because it is fun. We are just starting to have trust in each other, which for me and this horse is huge. Once Finnagan understands that he is safe and I am not going to force him, he becomes a complete blast! He is very beautiful to watch. This horse was given to me to turn out because he was dangerous and untrainable. I am so grateful to Parelli on a daily basis because without your information and educational system I would not have had the skills to manage this horse.

Progress Every Day

Sofie Svensson, Sweden

My horse Panter and I started Level 1 in September 2007. Panter is a ten-year-old ex-trotting horse. He ended his career in the summer of 2007 after a

leg injury. My greatest challenge is that he goes Right-Brain really quickly. When he does, I start playing with him at a higher speed. I pick out a tree



and then Yo-Yo him past that fast. After that we go sideways to a marked goal or have him put his nose on something. Sometimes I'll have him stand beside something (a car, a log, a pole). Sometimes I have to do this over and over again until he goes Left-Brain. As soon as he looks at me or licks his lips I stop. Sometimes we just go for a walk and work on his thresholds—he has a lot of them. Parelli has really taught me how to care for my horse in the best way. A year ago when I started riding Panter he wasn't able to go for a trail ride at a walk. He was so stressed that he just wanted to run and run. So my first goal was to just get him to walk calmly on a trail ride. Then I found out about Parelli. He is a different horse today, but we still have a long way to go. Now I see progress every day, and we are having so much fun.

A Switch for the Best

Åsa Brandt, Sweden

After Pat and Linda came out with the Horsenality™ Chart and after we went to see Pat and Linda in the U.K., we learned a lot again. My husband and I changed horses with each other. He took care of my Left-Brain Introvert six-year-old mare, and I made a try with his Right-Brain Extrovert 11-year-old gelding that he had been having a lot of trouble with.

This horse was on the racetrack, and soon as you got on top of him he was off! We have owned him for nearly three years without any good results to calm him down. He is the leader in our herd of nine horses.

We had our Swedish instructor read him, and she said, "You have a Casper here."

So in September we did the switch, and I started to play with Gyson and gave him a try.

I soon realized that this was just the right horse for me. I decided to take Level 2 with him and graduated that on 21 November 2007, thanks to Carol Coppinger!

I did as the program suggests. I did not take him out of his comfort zone and really started from scratch, keeping with same routine every day. It didn't take long before I just called to him and he came to me at the canter (once—mostly at the trot or walk) from the pasture (ten hectares). Then we began with Level 1: a lot of Passenger Lessons, Tit for Tat, Point to Point, etc. Soon I realized he became more Left-Brain—dominant, playful, exuberant, charismatic, with a tendency to bite and soooo sensitive!

I can't pick a fight with him - he tries to buck me off. The solution was Passenger Lesson after Passenger Lesson and the allow. He has taught me a lot: just to relax and allow him to go. I have to play with and ride him every day; otherwise he gets a lot of energy and is not really rideable.

Now we can go trail riding, and when we are alone it works best. I can even canter, and he can calm down after. With other horses around he is calmer in front. He still can be Right-Brain, but I try to never take him there. When he gets excited, I get off and do something else.

He is a wonderful horse with a lot of go. We have started our Level 3 study now, and it's so funny playing with him.

Now when he is rideable I hope I can get him a bit slimmer, too!



Being a Fluid Partner

Jane Reid, Australia

My Right-Brain Extrovert Barcelona is extreme in his impulsiveness. I have been in the Parelli program with him for about eight years, stuck in Level 2 (emotional collection) and searching for and developing more Savvy in myself.

Until now I have not been able to really "speak" to him, to get to his mind. He checks out—grinds his teeth, loses concentration, runs off with legs spinning, head up, braced and on the front end.

Recently I have been working on a pattern that I believe has made a big difference and is leading to him actually being with me, mind and body.

First I spend some time on the ground simply making a connection with him. We walk slowly together, we stop, we back up, we change direction and I talk to him a lot, until I really feel he is my partner and he is listening to me. I am doing this from the drive line with my hand playing Friendly Game where my inside leg will be.

I ride within his threshold in an arena of 45-meter diameter, or sometimes amongst his grazing herd.

We do only one thing—at the walk we do small circles, just big enough for him to keep a walking rhythm. I think about all of the ingredients in being a fluid partner:

- Getting my pelvis in rhythm with the roll of his ribs and front feet, particularly my outside hip up and around.
- Thinking of being soft and without brace throughout my entire body.
- Pedaling my feet, which are light in the stirrups.
- Being on my balance point.
- Sitting on the inside rail.
- Doing in my body what I am asking him to do in his—I flex my ribs and put my outside shoulder a little forward.
- Lifting the inside rein and gliding my hand softly and slowly down to take up a slight direct rein position, my outside hand on his withers, giving confidence.
- Remembering to breathe.
- Focusing strongly on his being soft in the ribs and flexing onto the circle. I speak to his inside ribs with my inside leg. If he loses concentration, I gently ask for his attention. I am having a conversation with him, drawing him back to me.

Looking for the change is the most difficult and the most critical. When he softens I go back to neutral and ride him for a few strides in a straight line; then we change direction and do it again.

The reward is being able to ride him for longer in a straight line. He is relaxed, head low and with me! I smile and dismount.

Put Your Nose on the Mailboxes

Dee Wiet, Illinois, USA

This is what I do with my gelding, Euphrates. He's 17.1 hands, and I'm 5'5", so he's really big for me, besides being Right-Brain Extrovert.

I'm a Level 3 student, have all the Parelli DVDs possible and am an avid Parelli follower! I couldn't have survived this horse without my Parelli education. Thanks so much.

When I rode him from the ground on the street through a suburban setting, it used to be a huge problem. People were mowing lawns, dogs were running around, kids playing ball, etc.

Euphrates' head would be giraffe-high. He'd dance around and yank away from me. That was pre-Parelli. But now, thanks to you guys, we play "put your nose on the mailboxes". (Mailboxes are located on posts along the easements of the properties we pass.) Wow, does that work! Not only does this change his attention to me, but he looks forward to each mailbox so that he can touch it. He looks for other things that he can touch, ears forward, calm eye, relaxed body, checks in with me to see what I want. I no longer fear taking him on walks. We even ride from the ground through the forest preserve. Since he's so tall and I couldn't keep hold of him, I could never do this before because I feared he'd run away from me.

The changes in him have been astonishing. He never would load into a trailer, either. It took many weeks to get him to where he is now, loading the Parelli way, left-brained and confident. Why couldn't I be ten years old and starting off my horsey journey the correct way? Why did I start my horse passion years ago the "old," predatory way? I can't thank Pat and Linda enough for what they've given me.

An All-Around Sweetie

Hannah Coffin, New York, USA

The day I got my mare Ladee, I was so excited! She was going to stay at home with me, and I was going to get to ride every day. When I went to look at her, she seemed calm and easy to ride. I knew she was the one, and I told the women I would take her. I was told she didn't buck, was mellow and was an all-around sweetie. Well, when they dropped her off she practically dragged the poor girl leading her down my driveway, and when we turned her out she never stopped running 'til about the next week. Oh dear, what had I gotten into? When I started riding her she was impossible to control, and she breathed fire! I had just begun Level 1 in Parelli with my gelding, Twister, whom I boarded at a nearby farm. I tried some stuff with her, but I needed a round pen, where it was more confined, to play in. So she moved up with my gelding, and I started to use Parelli with her, too. Realizing she was a Right-Brain Extrovert, I began to wonder how I was ever going to get her calm. I knew I needed to get her Left-Brain and confident. Lots of approach and retreat, making sure I don't barge through thresholds and really matching her energy has helped her get so much better. We still do a lot of mind-engaging things to help keep her Left-Brain and attentive. Now I can say she is truly an all-around sweetie thanks to Parelli Natural Horsemanship.



"The Enchanted Forest..."
Parelli Center, Ocala, Florida







Revealing Your Horse's Aptitude

by Linda Parelli

Just like people, some horses are more suitable for certain jobs or activities, and trying to make a horse do something that he doesn't have the aptitude for can make things challenging.

It's like trying to push a round peg through a square hole. The more mismatched the shapes, the harder it is; and the harder you push it, the more damage you are likely to cause.

In the performance world, trainers and competitors have defined a profile for the ideal horse as a jumper, cutter, reiner, eventer, endurance mount—whatever your chosen discipline. They look for a certain athletic type, breed, disposition and spirit level because time and experience have proven that this style of horse is more likely to be successful in the competition.

In the recreational world, the options are very diverse and don't necessarily involve riding or competition. The goal is primarily to have fun with the horse in whatever form that takes, and to be able to do things like take relaxing trail rides with friends. So what happens when you end up with a horse that is scared to death of being in foreign territory with a bunch of strange horses, or you have a horse with more ambition than average that just wants to poke around?

Finally, kids. If you were shopping for a horse for your precious child, what horse should you look for? How do you find the kind, gentle spirit to which you can entrust a young human life?

Understanding horses at a deeper level will help you select the right horse for your endeavor as well as adapt yourself and the horse you have to reach your goal without sacrificing the relationship. It's all about Horsenality™ aptitude.

Horses for Courses

Ideally you would want to select the right horse for the right activity. But what if you already have a wonderful relationship with your horse and find out he is not wired for the activity you want to do, and you don't want to sell and buy horses until you find the one that works?

Take heart. Everything can work to a certain degree, and once you understand more about the situation, you'll have more clarity about what to do. It may mean you need to modify your goals or keep the same goal and take more time and be more generous with your expectations. The worst thing you can do is force your horse to do things he can't do well and end up destroying the relationship or his delicate emotional health. Should you decide that you don't want to change your goal and you don't have the time or inclination to go the extra mile for your horse, then giving him to someone who has the same interests he does might be a great idea, especially for him. That's way better than just putting him up for sale and not knowing where he'll end up. You can then look for the right Horsenality™.

Professional breeders have invested decades and even centuries to genetically produce the ideal horse, one who is athletically gifted for a certain specialty and has a tractable disposition. While the quality of horse produced today is by far the best the world has seen, there is no guarantee that the horse will love

doing what it is bred for. Every breed of horse still features individual Horsenality™, so he might have the right physical attributes but not quite the right mental aptitude for the sport of your choice. The moral of the story is to learn to be a good picker so you can select a horse with all the right qualities, Horsenality™ included. Some progressive breeders are already getting with the program, such as the Atwood Ranches in California, which chart the Horsenality™ of their young stock so you know exactly what their aptitudes are before you write the check.

The great news is that the Parelli Program suits any horse, and with careful development your horse can even compete in events that he is not perfectly suited for, if you are willing to do what it takes to help the horse be successful. This is where too many performance horses don't make it. They are talented athletes who may not be entirely suited Horsenality™-wise, but their training program is too inflexible or does not provide the necessary foundation for building confidence so they can take the pressure.

Choosing the right horse is the first thing. Channeling the horse's talent or aptitude is the next. The reason any horse and human can succeed in the Parelli Program is that it develops both horses and humans in four areas, not just one, and both on the ground and riding. The Four Savvys are On Line, Liberty, Freestyle and Finesse, and they

are the foundation of the Parelli Levels Program that guides students step by step, one level at a time.

Match—Mismatch . . . Oh, Boy!

What if you've found out that what you want to do is really not what your horse is suited for, but you want to make it work? Read on for some real-life examples of how mismatches can work between humanalities, Horsenality™ and horse sports. And have you ever thought about using the Horsenality™ Profile to chart yourself? This can be a great help in understanding the dynamics of your relationship and how you need to flex your style so the partnership has a chance to succeed. Extroverts usually find it very hard to slow down enough for Introverted horses, and vice versa. Getting enough energy up and being able to sustain long enough is hard for Introverts with Extroverted horses. And then there's that thing called spirit, that bottomless energy and boundless drive that marks the difference between average and exceptional in both horse and human!

Pat	
	Magic

Pat (Left-Brain Extrovert) and Magic (Right-Brain Introvert)

The Parelli Program saved Magic after she blew up when in training as a reining horse. She's a high-

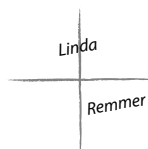


spirited, “hot,” sensitive mare who could not stand up to the pressure of the training, and to this day she has dark memories that can surface if she’s not handled properly. Luckily, she’s Pat’s horse! Magic is well rounded in all Four Savvys and is, of course, a dynamic success as a Parelli Performance horse. She also is doing extremely well in dressage lessons with Walter Zettl, because that discipline suits her Horsenality™.

But that’s not enough for Left-Brain Extrovert, high-spirited Pat Parelli, who is naturally drawn to high-powered pursuits such as cutting and reined cow horse events. Those sports are on the opposite side of the chart for Magic, but as Pat says, any goal is possible as long as the horse is in charge of the principles and time lines.

Taking the time it takes, using a high level of Savvy and building a strong foundation, Pat has now successfully shown Magic at several events and donated the prize winnings to youth programs in the sport. It’s not about the competition for Pat; he’s interested in studying what it takes to develop a talented horse without the aptitude for his chosen sport to that level.

As a Left-Brain Extrovert, Pat’s greatest challenge in his journey to become a horseman was learning to slow down and be more patient with the Introvert horses that needed that. Many trainers tend to be good with one or two kinds of Horsenality™, but the mark of the consummate horseman is to be good with them all.



Linda (Left-Brain/Right-Brain Extrovert) and Remmer (Left-Brain Introvert)

As a Left-Brain Introvert, Remmer’s aptitude and talent is perfect for being a famous Parelli Performance horse, and he especially excels at Freestyle. But to then specialize in Finesse and expand it into high-level dressage is a challenge—again, because it’s on the other side of the chart as far as Horsenality™ aptitude goes. Even though he is a warmblood, his aptitude is for activities outside the arena, and his spirit level can be described as medium-high. He is super for jumping and going cross-country because he gets more motivated and energized, but without losing emotional control.

Remmer is not a very forward horse, and repetitive patterns can get him totally demotivated so that all he wants to do is stop. Thankfully, I’m studying classical dressage with the wonderful Walter Zettl, who masterfully guides us and helps us play mental games in the dressage arena so Remmer is finally starting to like it and put some effort into it. For me, I love the challenge of how much Savvy it takes to get him there. If I were serious about competing at high levels in dressage, I’d be looking for a very different Horsenality™, an ambitious one with a lot of forward energy who finds dressage patterns soothing and interesting. (For the record, Allure, my damaged Left-



EXTROVERT
FAST OR LONG DISTANCE

LEFT BRAIN EXTROVERT

Naturally Excels at: **LIBERTY**

Eventing
Combined Driving
Cross Country
Jumping
Reined Cow Horse
Cutting
Versatility

**Endurance
Ranch Work**

RIGHT BRAIN EXTROVERT

Naturally Excels at: **ON LINE**

Pole Bending
Flag Racing
Airs above the Ground (Haute Ecole)

Horsenality™
APTITUDE CHART

LEFT BRAIN INTROVERT

Naturally Excels at: **FREESTYLE**

Competitive Trail
Mounted Police Horse
Trail Riding
Barrel Racing
Roping
Bulldogging
Therapeutic Riding
Pony-Horse (Racetrack)
Driving/Draft

**Kid's Horse
Reining**

RIGHT BRAIN INTROVERT

Naturally Excels at: **FINESSE**

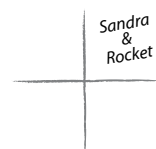
Dressage
Western Pleasure
Hunter
Trail Class

INTROVERT
SLOW OR SHORT DISTANCE

LEFT BRAIN
VARIETY

RIGHT BRAIN
REPETITION

Brain Extrovert x Right-Brain Introvert “bipolar” Trakehner, doesn’t find it soothing or interesting . . . yet. He still experiences his past demons when I try to ride with precision, so I’m taking the time to develop his confidence and foundation to Level 4 first. And who knows? He may be my next Parelli star!)



Sandra (Right-Brain Extrovert) and Rocket (Right-Brain Extrovert)

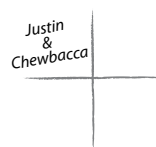
You would think this should be a match made in heaven, except that Sandra wants to have relaxing trail rides with her friends, and Rocket, aptly named, turns into just that—a rocket! This is so frustrating for Sandra, an ambitious, high-powered executive who got into horses to decompress after her intense business day. She doesn’t want to “work” on her horsemanship, she just wants to be safe and have fun. So Sandra made a tough but good decision. She gave Rocket to a friend at the barn, a Parelli Level 3 student who is excited about learning to create a partnership with such a high-powered horse, and then she went and found a lovely, laid-back Left-Brain Introvert to enjoy the scenery with.



Melanie (Right-Brain Introvert) and Petal (Right-Brain Introvert)

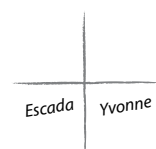
A match made in heaven! Melanie is only 11, and Petal is 18. They are both shy and timid, totally understand each other and love being together. Petal trusts Melanie and has been around a while, so nothing that kids do bothers her much. She knows they aren’t going to hunt her down and kill her. Little predators are way less scary, as are old ones! But Melanie’s dad cannot catch Petal; he needs to study some Parelli!

Melanie isn’t very brave, so she doesn’t want to go fast or do daredevil tricks, which suits Petal just fine. On the other hand, her friend Jackie loves to do tricks, ride without a bridle and go on adventures, so her Left-Brain Introvert pony is a perfectly bomb-proof partner for her.



Justin (Left-Brain Extrovert) and Chewbacca (Left-Brain Extrovert)

Another match made in heaven. Justin likes to jump at great speed, gallop up and down hills and through gullies and generally tear up the place all day long. Chewie has boundless energy and gets bored when things are too slow for him. They are also fantastic at Liberty.



Yvonne (Right-Brain Introvert) and Escada (Left-Brain Introvert)

Over the past two years of *Savvy Times* Yvonne has shared her journey with this opinionated and

sassy Arabian mare. Yvonne is not a confident rider, and Escada is a super-confident brat, but they have developed a beautiful relationship. Yvonne doesn’t get to spend a lot of time with her horse, so her growth has occurred over some years. Many have questioned her decision to keep going with Escada, but as you know, Parelli people put the relationship first. So instead of blaming the horse and selling it, they vow to work on themselves to become better leaders, better riders and Savvy horsemen. Yvonne has put a lot of effort into her self-development via the Program, and the results are spectacular. Escada is still sassy, but now she plays with Yvonne rather than endangering her. Yvonne knows how to set things up for success and puts into practice all the things she knows every time. She works hard on her Savvy even when she’s not with her horse. She also is willing to get off, think things through and fix it up, and her emotional fitness is phenomenal. She can laugh at herself and at the situation and does not get frustrated—things that don’t tend to come naturally to a Right-Brain Introvert human. She is perfectly happy with her horse in the present while remaining focused on where she wants to go. I think if you asked Yvonne about this, she’d tell you that Escada and the Parelli Program are fundamental to her enormous personal growth and success over the years.

Can There Be an All-Rounder?

Absolutely. Many horses can do a variety of sports at a comfortably low to medium level, and many riders, too. But as soon as the goals get higher, finding the horse that can excel in all areas is tough, especially if you are not a talented or accomplished horseman; and the higher the goal, the more important the match. Some sports, like eventing and reined cow horse, really test the versatility of horses and riders and drive them to develop a more balanced set of skills, because they demand both fast and slow speeds, technical precision and endurance.

The same can be said of the Parelli Program, because it develops you in the Four Savvys. It is challenging to be equally good in all four areas at progressively higher levels, and it demands much of the avid student who has her sights set firmly on becoming a Savvy horseman in pursuit of mastery. At the same time there are many students who find that Level 2 satisfies their need to be safe and have fun but desire to then specialize and excel in one area of Savvy more than another because that’s what they find exciting . . . and so does their horse. As you look at the Horsenality™ aptitude chart you can see how certain Horsenalties™ have the potential to excel in one of the Four Savvys more than another.

From the Parelli point of view, fulfillment is in revealing your horse and discovering your potential so you *can* live your dream. Our job is to help you reach your dream while keeping the relationship with your horse intact or, better still, improving it. 🐾

Is Your Horse Prepared?

by Buck Bechtold

With my experience as a professional horse transporter, I firmly believe that transporting your horse can be a truly hair-raising experience, especially if the horse is not prepared and taught to accept the confinement of the trailer. I'm a dedicated follower of the Parelli Program and have been invited to share my ideas on how you can prepare your horse for transport in any trailer and situation.

Here is how I think of the word 'trailer'. It helps us approach the trailer with a positive energy.

T	R	A	I	L	E	R
E	E	N	N	E	N	E
A	S	D	S	A	S	S
C	P		T	D	U	U
H	E		I	E	R	L
I	C		L	R	E	T
N	T		L	S	S	S
G			I	H		
			N	I		
			G	P		

I don't think many people have seen what I've seen, because we are constantly transporting everything from recreational horses to multimillion-dollar racehorses to horses needing rescue after Hurricane Katrina. Even if you can load your horse into your own trailer, that doesn't mean you can load him easily into a transport trailer! As a responsible owner I urge you to get to where you are able to transport your horse without hesitation, especially in situations such as an emergency trip to vet for colic or injury or escaping from a hurricane or other act of nature. You and your horse should prepare before the need to save his life arises.

The Commercial Van

Most commercial vans are configured as a straight-load, with single stall, half and box stalls. While horses generally travel more comfortably on an angle, commercial vans need to be set up to enable us to get to any horse at any time without having to unload another.

To load in these trailers, there are ramps with plywood sides that extend from the side doors. The ramps are 3' wide and are steep.

Once inside, the horse will have to turn and back into a stall, be cross-tied and be able to stand fairly still while in transit. There are various layouts, but most likely your horse will be walked in towards another horse, then be made to back immediately into a stall.

Your horse must be able to move forward on cue with as little hesitation as possible. It is understood that the horse is curious and afraid of confined spaces, but he needs to be able to accept the lead and move forward, and that's something you can prepare him for well in advance—to have the confidence and obedience at the same time. Once that is accomplished, he needs to stop, stand and back into a confined space.

Most horses will walk to the ramp and possibly put a foot or two on it, then quickly back away.

This is not as simple as it sounds, especially with all of the confusion and stress related to loading. Should a horse walk towards the trailer and stop dead in his tracks before he reaches it, it's probably going to be interesting to try to get him on the ramp, not to mention up and in. Most horses will walk to the ramp and possibly put a foot or two on it, then quickly back away. This is their way of ensuring they aren't being trapped, but walking up a narrow ramp with plywood sides is still a major undertaking.

The horse must now face other horses he doesn't know, but still pay attention, then back into a confined space with no way out except over the handler. Then he will be cross-tied, which is really scary to the horse. And then, with all of the new sounds and smells, it becomes a truly stressful experience.

Some haulers use slant-load trailers with rear-load step-up. (Slant-loads require your horse to be loaded and unloaded to accommodate additional pick-ups and deliveries.) Others use straight-load



four- to six-horse trailers with rear and side ramps. The rear ramps usually measure the full width of the trailer and have a much lower slope angle on the side ramps. Side ramps are usually 4' wide and 4½' feet long, causing them to be steeper.

To properly prepare your horse, you need to practice the following:

- Make it a priority to get your horse to accept the trailer without fear. Use a simulator; it's more powerful than your trailer.
- Teach your horse to walk forward and stop on command. You already have the Parelli information and tools to do it.
- Ensure your horse will walk into a confined space with sides and only one way out.
- Train your horse to back into confined spaces with no way out except forward.
- Get your horse to accept cross-ties in a confined space and stand still for extended periods.

Pat Parelli prepares his horses for this every day!

Most think of a trailer trip as a fun trip to a clinic, show or trail ride. In this case, it doesn't matter how long it takes to load—it only matters that you get there and have fun. When using a commercial hauler, time is expensive; they have a responsibility not only to you, but also to every other horse and owner being served. We totally agree with trailer loading training as taught by Parelli; however, a commercial transporter is not able to allow the time it takes until the horse gets in, and then if the horse will not back and stand cross-tied with other horses and stall configurations, it's unsafe. With this in mind, most transporters will have no choice but to leave the horse behind in the interest of safety, and most do not have the horsemanship skills to get the job done without forcing the horse. So it's up to you!

Simulate, simulate, simulate!

To help you teach your horse, we have come up with a Trailer Load Simulator that lets you work on the skills at home without the need for a trailer. It affords versatility in design and configuration

to train any size horse to accept the confinement of the trailer. Now you can help your horse before an emergency.

Our passion is the horse's safety, and if what we do saves one horse undue stress and provides for a safe journey, we have accomplished our dream. More important, if we can bring awareness to owners and help them help their horses learn how to travel, we will have accomplished something not done up to now. 🐾

About Buck Bechtold

My wife Karla and I have worked to provide a safe/sane mode of transportation for all horses. Our dedication is to the horse, for the horse is our client. We hope that we can help educate the horse owner to train the horse to accept the trailer as a safe place and to be relaxed so the stress is minimized. We have researched the factors related to the horse and its ability to withstand the rigors of transport, and we wish to share what we have found with all horsemen/owners. In addition, we have researched the laws concerning commercial transport and the licensing required to perform these services, which we have posted on a website for all to see.

Our overall goal is to bring information not readily available to the attention of all owners with the hope that it will be used to help all horses. Being informed is the only way you can make an intelligent decision for you and your horse.

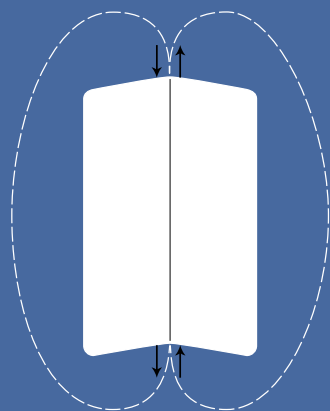
Visit us at WWW.EQUINELIMOUSINE.COM for information on how to select a commercial horse transport or to order your trailer simulator. We will be happy to answer any of your concerns regarding transport.



The Trailer Load Simulator



Playing Games with the Simulator



1. Friendly Game: Everything but going in. Seven Games around the simulator (develops curiosity to go in).
2. In and through with both doors open, backwards too.
3. In with one end closed and back out.
4. Back in with one door closed.

Junior Savvy

Meet Elbie and Arbie

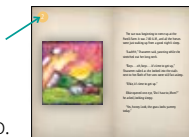
Story by Christine Massinger

Illustrations by Paula Ellenberger

Hey kids! Cut along the dotted lines on the next few pages to make your very own book about the adventures of Elbie and Arbie. Follow the steps below to put it all together!



Step 1: Cut along the dotted lines on the following pages to create 8 double-sided pages. Make sure that the side of the page with the gold circle and number are facing up.



Step 2: Stack the 8 pages on top of each other. Start with 1, then stack 2 on top, then 3 and so on until 8 is on top.



Step 3: Flip the stack over so the front and back cover are facing up.



Step 4: Ask your parents to help you finish your book by putting a staple in each of the white ovals that say "staple here".



Step 5: Fold all the pages in half at the staple line to create your finished book!



Would you like to read more books about the adventures of Elbie and Arbie? Email savvyclub@parelli.com and tell us about it!



"No," said Arbie.

"Then there was no reason for you to be, either. When Mom isn't able to be with you, you can turn to Elbie to be your leader as long as he stays confident and curious and doesn't act bossy. You see, there is nothing wrong with needing a leader, honey. All of us need leaders to make us feel safe. Your leader might even turn out to be a human, too."

"Do they really know how to do that?" asked Arbie.

"Some of them do," Shazamm replied. "Especially the ones here at the Parelli farm."

"Now, I hope you two have learned a little something today," Shazamm said.

The End



"Yes. Sorry, Mom. I didn't mean to pop it," Elbie said sadly.

"Well, why do you think that happened, Elbie?"

"I was just trying to show Arbie that it wasn't anything to be scared of, and I thought that if I jumped on it a few times he would figure out it wasn't a bear. Plus, it was kind of fun."

"I see," replied Shazamm as she was thinking.

"Arbie . . . Arbie, sweetie, come on, wake up," Shazamm said, nuzzling Arbie with her nose.

Arbie jumped up. "Huh? What? Where am I?"

"Arbie, you're home with Elbie and me at the Parelli farm," Shazamm said calmly.

"You are always so jumpy, Arbie. Why are you always so jumpy? Why can't you try to be more like me?" Elbie asked.

"Now, now, boys, we'll have none of that. It's a beautiful day. Let's all go get some breakfast and enjoy the sunshine."

"Boys, follow me under this tree. I think we all need to have a little talk."

Elbie and Arbie followed Shazamm under one of the beautiful trees at the Parelli farm.

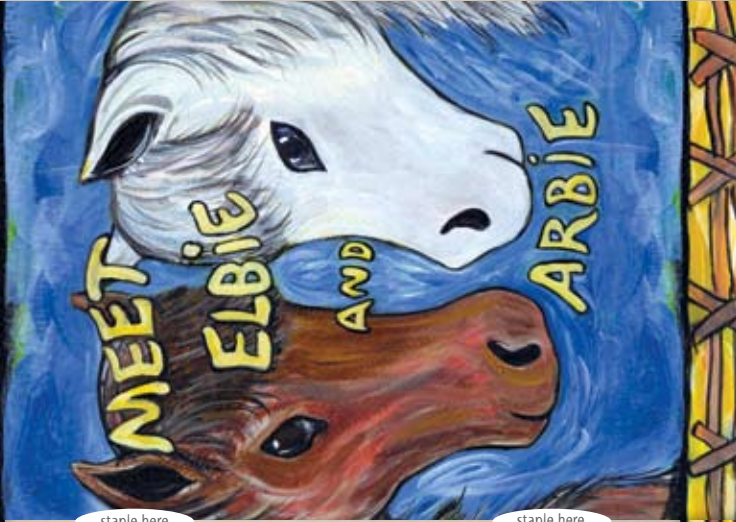
Shazamm began to speak.

"Elbie, Mom is happy that you aren't scared of things like the log and the green ball. But there is a difference between being confident and being bossy. You popped the green ball because you were being bossy. Now, it is good to be confident. It is good to be curious. But it is not good to be bossy!"



Written by
Christine Massinger

Illustrations by
Paula Ellenberger



"I did!" said Arbie.

"So did I!" said Elbie.

Al the owl had been sitting on a branch in the tree and heard the whole conversation. He now knew what he had heard about Shazamm was true. She was a very wise horse. As Shazamm, Elbie and Arbie walked back to their pasture, Al the owl smiled and said:

"How very different our horse friends can be, each with their own Horsenality™. Some are scared and others are bossy, Just like my friends RB and LB.

There is one thing, though, that seems to be the key:

With leadership, a good change you will see."

In a beautiful place called the Parelli farm lives Elbie, his brother Arbie, their mom Shazamm and many more of their friends. Come along with Elbie and Arbie as they go on many fun adventures. With each adventure they take they will learn an important lesson. So let's get started on an adventure with Elbie and Arbie right now!



"How will I know the difference, Mom?" Elbie asked.

"When you're with me, honey, I will teach you as your leader. Someday you might meet a human who will be your leader. If you get a good leader, he or she will help you to be confident and curious without being bossy."

"That would be good," said Elbie.

Shazamm turned to Arbie under the tree.

"Now Arbie, you certainly are not bossy, but you are very jumpy. Mom doesn't want you to be scared all the time. When I'm with you, you can count on me to be your leader so that you don't have to be scared. Like when we met Al the owl, did Mom look scared?"

The sun was beginning to come up at the Parelli farm. It was 7:00 A.M., and all the horses were just waking up from a good night's sleep.

"Aaahhh," Shazamm said, yawning while she stretched out her long neck.

"Boys ... oh, boys ... it's time to get up."

Shazamm called as she looked at the boys next to her. Both of her sons were still fast asleep.

"Elbie, it's time to get up."

Elbie opened one eye, "Do I have to, Mom?" he asked, looking sleepy.

"Yes, honey. Look, the grass looks yummy today."



Elbie, Arbie and Shazamm walked to the pastures full of grass. They loved chomping on the green grass and running in the large fields at the Parelli farm. Elbie always liked to walk in front. Anytime Arbie would try to catch up, Elbie would swish at him with his tail.

Just as Shazamm, Elbie and Arbie were getting to their favorite pasture they heard a noise in the tree above them.



"Cool!" said Elbie, jumping it.

"How did you do that?" asked Arbie.

"It's easy. First I put my nose over it, then my neck and then came my feet."

"I wish I could do that," Arbie said.

"You can. You just need to think."

"I am thinking," said Arbie, staring at Elbie.

"No, you're not," replied Elbie.

"How would you know?" asked Arbie.

"Because if you were thinking, you would be blinking, and you're not blinking."



"Well, help me think, then," said Arbie.

"Okay, I will be your leader and help you get across the log," Elbie said.

"Will you stay with me the whole time?" asked Arbie.

"Yep," Elbie replied. "Remember, put your nose first, then your neck, and then maybe your feet will follow."

Arbie was so nervous he couldn't stand still. But he knew that Elbie was there to help him, and that made him feel better. So first he stuck his nose over the log. Then he stuck his neck over the log, and before he knew it his feet were over, too!

"What fun!" yelled Arbie, blinking. "It was so much easier when you were there as my leader."



"Watch me jump on it!" Elbie said as he ran towards the ball, leaping on top of it three times. "Wheel! Wheel! Wheel!"

Suddenly the big green ball popped.

"Uh-oh!" said Elbie.

"Oh, no," said Arbie. "Now we've got to tell Mom."

Elbie and Arbie walked back to the pasture where their mother was. They both felt the same as the big green ball.

"Well, thank you, Al. Having two sons helps keep me on my toes, or should I say my hooves?"

While Al the owl laughed at Shazamm's joke, Elbie leaned over and whispered in Arbie's ear, "I can't believe you are scared of a little owl."

"That's no owl, it's an owl! like the sound I would make when he chomped down and ate me," Arbie replied.

Shazamm interrupted. "Now, c'mon, boys, you go play in the playground while Mom enjoys this nice, fluffy green grass."

At the top of the hill in the Parelli playground was a big green ball.

"Wow!!!" yelled Elbie, "How cool is that?"

"Is that a bear?" screamed Arbie.

"No, it's a ball."

"No, I think it's a bear. One of those green bears," Arbie said, snorting.

"Let's try something else," Elbie said.

"Can't we do the log again . . . please?" asked Arbie. "If I did it some more with you there as my leader, I think I would feel better about it."

"No. I am bored, and I am the boss, and I want to do something else," said Elbie, running into the Parelli playground.

"Wait for me!" Arbie cried, not wanting to be left alone.

Elbie and Arbie walked towards the Parelli playground.

"I can't wait," said Elbie. "I wonder what fun stuff we can play with today. Maybe there will be other horses playing there, too, and we can play the Move Your Feet game."

"The Move Your Feet game?" Arbie asked.

"Yeah, that is when I make all the other horses move their feet to show them that I am the boss!" said Elbie.



Arbie came out from behind the tree. He was so scared he could not look at the owl.

"Your sons are named Elbie and Arbie? Like the letters LB and RB?" asked the owl.

"Yes, exactly! And what is your name?"

"My name is Al. Al the owl."

"Well, that's easy to remember," said Shazamm.

"You know, I've heard a lot about you around the Parelli farm," said Al the owl.

"You have?" asked Shazamm.

"Yes. I've heard that you are a very wise horse."



"Oh . . . well, to be honest, I'm not sure about this whole playground thing," said Arbie as his eyes got wider and his tail got tight. "I don't think we should get too far away from Mom. I hear that there are bears around here, and I'm afraid of bears."

"You're afraid of everything!" Elbie said, rolling up his eyes.

Elbie and Arbie walked up the hill to the Parelli playground.

"Uh-oh. We can't go this way," said Arbie.

"Why not?" asked Elbie.

"Because there is a big log here!" Arbie replied.

"Who-hoo, who-hoo," the voice said.

Shazamm looked up and saw a large tan and white owl.

"Hello," said Shazamm.

"Who-hoo, who-hoo, who-who are you?" asked the owl.

"My name is Shazamm, and these are my sons, Elbie and Arbie."

"Arbie, Arbie, where did you go?" Shazamm asked, looking around for Arbie.

Arbie was hiding behind a tree. He had been scared by the owl.

"Come on out, Arbie and meet the nice owl," Shazamm said.

*Pat and Vanna take a break between "takes"
while filming at the Florida Parelli Center*



Pat's Challenge

The Eight Principles

by Katie Drake

How would you like to know the invisible skeleton upon which Pat has hung everything he does with horses? And not only that: How would you like to become so familiar with it yourself that you begin to think like Pat Parelli? Now that's what I call a challenge!

In January of 1982 a young Pat Parelli had no idea he was about to discover what would become the most significant piece of his later world-renowned natural horsemanship program. Just about a month after his beloved mentor, Troy Henry, had graduated to "Horseman's Heaven," a veterinarian friend of Pat's, Dr. Bob Bradley, asked him to come down to North Hollywood and give a seminar on what he'd learned while studying under Mr. Henry.

Pat had never given a seminar in his life and didn't have a clue where to begin. Mike Adian, a close friend of Pat's through high school and junior college, suggested he practice in front of a few of his friends first. So Mike gathered about a dozen of their friends, who watched for free. Pat bought a keg of beer, manned the barbecue and put on his first practice seminar. He laughs thinking back on it now. "I basically paid them to come."

After that, they gathered all the cards and started putting them in piles of ideas that went together. What they ended up with were eight basic themes.

His first attempt at condensing all he'd learned in five years with Troy Henry ended up being a rambling mess. He wasn't organized at all and says he was all over the place. "It was like an atom bomb blowing up, spewing everywhere." He ended up rambling on for three hours. Mike recorded the whole presentation on audiotape and made Pat listen to it that night. The two of them listened to it over and over again, and each time a point was made they'd write it down on a 3" x 5" card and throw it on the floor. After that, they gathered all the cards and started putting them in piles of ideas that went together. What they ended up with were eight basic themes. Next they started deciding which ideas were the most important and began putting them in order. Pat realized that night that what he had learned in the past five years could be distilled into eight principles.

A much better prepared Pat Parelli showed up in North Hollywood about a month later to give the first official seminar of his career. He made a little sign featuring each principle and hung the signs in

order along the walls of the round corral. He opened with this statement: "Horsemanship can be obtained naturally through communication, understanding and psychology versus mechanics, fear and intimidation, because..." and from there he went around the corral and elaborated on each principle in order. This time he spoke for just one hour.

In the years to follow, Pat went on to teach more seminars, each time using the same format.

Despite thinking several times that he must be missing something or perhaps had too much of this or that, he came to realize he had nailed it the very first time. In the last 26 years he's shown it to masters such as Tom Dorrance and Ronnie Willis, and to this day no one has been able to find fault with it.

Pat considers the Eight Principles to be the founding philosophy of the Parelli Program. "If there's anything that a person who studies our program should learn first, it's the Eight Principles, because then they understand the philosophy. Even if they never learned any techniques, but decided they were going to stand for these eight things and really understand them, if they have any natural tendency to have Savvy they might even figure it out themselves, just like I did." Knowing and understanding the Eight Principles gives you a blueprint to follow. Now you can hold everything you do up to this ideal and know where you need to improve as a horseman.

Now to the Challenge

Memorize the Eight Principles in the order in which they are listed. Not only does that make memorizing them a little easier; Pat put them in the order they are in on purpose. To take it one step further, Pat's real challenge is to score yourself on each principle on a regular basis.

You will find that you score better on some than on others, and you'll see which ones need more work. If you're learning the Eight Principles for the very first time, don't be afraid to ask questions. Start a dialogue with your friends about them, and you will begin to internalize the information. If you want to learn to think like Pat Parelli, this is the perfect place to start. 🐾



The Eight Principles

1. Horsemanship is natural.
2. Don't make or teach assumptions.
3. Communication is two or more individuals sharing and understanding an idea.
4. Horses and humans have mutual responsibilities.
5. The attitude of justice is effective.
6. Body language is the universal language.
7. Horses teach humans and humans teach horses.
8. Principles, purpose and time are the tools of teaching.



How to Build: A Pedestal

by Katie Drake

The crowd goes wild every time Pat finishes a demo by sending one, two or sometimes even three horses over to pedestals at Liberty just as the final song ends.

People leave feeling inspired to have their horses do the same thing. However, what stops many of us from getting started is the lack of a pedestal! Many of you in the Savvy Club have been asking how to build pedestals like the ones Pat and Linda use on tour, and we here at Parelli would love to let you know. I'm also going to let you know why Pat and Linda think it's important to use pedestals when you play with your horse.

How to Build

Building the lightweight aluminum pedestals that Parelli takes on tour is not a task for anyone but a professional welder. If you are interested in having the exact same pedestal, the website on which you can order one is www.toys4horses.com, and the total cost is around \$700. If you're not able to fit one of those in your budget at this time, don't let that get you down. Pat and Linda use pedestals made out of all sorts of things at all of their Parelli Centers. They only use the aluminum ones on tour because they have to be lightweight and easy to transport. It's easy to make a pedestal by filling any size tire with dirt or sand, or you can just use a tree stump (you may even want to attach a trimmed rubber mat to the top for a non-skid surface).

What Are Pedestals Good For?

Pat always says, "Horses can only do six things besides stand still: go forwards, backwards, right, left, up and down." Having your horse

stand still is as important as doing all those other six things, and using a pedestal is a great way to teach your horse to stand still. Teaching a horse to go stand on something is similar to teaching a dog the commands "Sit, stay." Pat says it is easiest for a dog or horse to understand what you want when he is put somewhere to stay that has a definite black-and-white boundary.

A pedestal doesn't have to be something your horse has to step up onto. In fact, it's more important to understand the concept of the pedestal as a target. When teaching your horse to stand on something for the first time, start with a large piece of plywood. Send your horse Online to the plywood and ask him to stop and stand on it. If your horse steps off the plywood, play with him On Line, then send him back to stand on it again. Do this each time your horse moves off the target, leaving him alone each time he gets back onto the plywood. Eventually your horse will learn that when he stands on the plywood you leave him alone and he gets to do nothing. This is how you play the Friendly Game with a pedestal. Pat will often do this at shows when he's playing with more than one horse. While he

Teaching a horse to go stand on something is similar to teaching a dog the commands "Sit, stay."

plays with one horse he'll send the other on a 45' line or at Liberty to stand on the pedestal. He may have to play with and resend her to the pedestal several times before she decides to stay there for the duration of the demo. Pat and Linda teach their horses that the pedestal is a safe place, and it's a spot they learn to love because they get to just hang out.

After you've taught your horse to go over and stand on the piece of plywood, there are many other ways you can make the challenge more difficult. Use longer and longer lines until you can eventually do it at Liberty. Make the target smaller by cutting the plywood in half. Change the plywood pedestal to something your horse will have to step up to, like a tire filled with dirt or a tree stump. Take each one of the Parelli Seven Games and play with your horse using the pedestal. When you use your imagination, which is Pat Parelli's Sixth Key to Success, you'll never run out of ideas! 🐾





Solving the Pull-Back Problem

Teaching to Tie with Confidence

by Linda Parelli

For millions of years horses have been the ultimate prey animal survivor mainly due to their rapid reactions and incredible speed—and their ability to adapt. Horses are genetically programmed to avoid entrapment of any kind, and this includes things like being tied to something by the head.

In order to fully understand prey animal behavior, you need to feel what they feel and see the world from their perspective. You have to mentally put yourself into that totally vulnerable position of believing that behind every bush and under every water surface there is a predator who can take your life. So it's challenging enough just to walk around every day, because the environment is full of predator hideouts; but as soon as there are fences, walls, barriers, places where you can get cornered, it evokes a terrible sense of fear.

Just knowing this has to give you some idea of why horses have so much trouble with anything that inhibits escape: fences, trailers, chutes or unsure footing like mud, water, deep grasses and shrubs. And then there is the whole notion of being tied. This is entrapment, confinement, captivity . . . so it should be no surprise that it is one

of the most challenging things for horses to accept, and more so for certain Horsenalties™.

As soon as a horse feels trapped by the halter, the natural reaction is to throw the head backwards and pull back violently. In effect the horse is pushing against the pressure that happens to be at the back of the head; that's why he goes backwards. And then the increasing pressure increases the panic attack. The force a horse can put into this is incredible. He throws his whole weight against it and pushes with all his might, using his powerful hindquarters, shaking his head back and forth, trying to break free. When the horse can't break free and the pain becomes unbearable, he leaps forwards and can hit the pole or wall he is tied to with maximum force and sometimes terrible results.

Rather than thinking of the horse as a pull-back, think about his lack of confidence and inability to think through the situation. This is where success begins.

For the naturally claustrophobic horse, anything that makes him stand still or restricts his movement is something he can have a lot of trouble with.

To Him or for Him?

Thank goodness for the incredibly adaptable nature of horses, because they can learn to do things in Humansville that to this day astound me. Have you ever thought about how incredible it is that a horse will travel in a horse trailer, allow the human on his back, allow us to steer him via reins? This is the level at which tying fits in, if not worse. For the naturally claustrophobic horse, anything that makes him stand still or restricts his movement is something he can have a lot of trouble with. And yet for thousands of years horses have adapted to the point where they allow us to do this.

So here's the thing: We know that horses can learn to stand tied, but the methods to get them to do this are often quite forceful, because they usually belong in the sink-or-swim category. Throw him in the water and see if he'll swim; tie him up and see if he'll make it. Many horses are forced to learn to tie, and there's no telling how many serious injuries and fatalities have occurred as a result. Even if they make it through the physical part, the emotional damage can be terrible.

In teaching a horse to do anything, the thought process is the same:

1. Are you doing this *to* him or *for* him? There's a profound difference here, because when you do it for him, you will *teach* him rather than force him.
 2. Teach him to respond appropriately to pressure. This is critical for life with humans, because physical pressure can come in numerous forms, and the horse has to make sense of it, from maneuvering him on the ground, to leading, to communicating messages via your hands and legs when riding, to girthing and standing tied. Feeling the pressure change on the halter or lead rope and responding appropriately is a big part of learning to tie with confidence.
 3. Are you willing to take the time it takes? Tying the horse is not the first step. You need to break it down into steps or ingredients that help the horse to make sense of it all. If you just tie him to a post—even if you tie him to a stretchy inner tube or bungee rope—without adequate preparation, the horse is going to run into trouble. As his teacher, you have the responsibility to make his learning process as efficient and safe as you know how to do so that you build confidence rather than destroy it.
- There is no doubt that teaching a horse to tie with confidence is an imperative.

The Horsenality™ Filter

If you have been studying Horsenalties™, it should come as no surprise that some horses are going to have way more trouble than others. Can you guess which? The Right-Brain horses and the Extroverts. The more fearful and energetic the horse, the harder it is for him to accept being tied. The fearful (Right-Brain) Horsenalties™ are naturally more claustrophobic and more inclined to react before they think. Right-Brain Extroverts initially have the most trouble and demonstrate the most panic. Right-Brain Introverts have just as much trouble, but at first it doesn't seem that they will. Because they go internal, they are the ones that can make you think that they are accepting it, and then all of a sudden—sometimes days or weeks or months later—they panic and pull back. Think of it this way: They try to be obedient, they're usually pretty good at standing still (if not frozen to the spot), and then they kind of wake up and feel something on their heads. Panic attack!

On the Left-Brain side, the Extrovert is inclined to have the most trouble because he has trouble standing still. Patience is not his natural inclination because he's got a busy mind. The Left-Brain Introvert has the potential for having the least trouble, but don't forget he is still a prey animal. If he gets scared, he can still act like a Right-Brain horse.

Things they are likely to do:

LEFT-BRAIN EXTROVERTS—Medium tendency to pull back. Given to pawing, head tossing, grinding teeth, lip popping, tongue twisting, etc. when tied. These are called displaced behaviors, and they arise when the horse can't move his feet.

Mistakes we make: Tying the horse too soon rather than teaching him to stand still. Not tying him for long enough and gradually building up his tolerance and patience.

RIGHT-BRAIN EXTROVERTS—High tendency to pull back right away. Tendency to paw, get worked up.

Mistakes we make: Tying the horse too soon rather than teaching him to stand still without tying.



RIGHT-BRAIN INTROVERTS—High tendency to pull back, but at seemingly unpredictable times.

Mistakes we make: We think the horse is calm, but he's gone inside himself and is frozen in fear. For this reason we tend not to put enough time and repetition into the teaching.

LEFT-BRAIN INTROVERTS—Low tendency to pull back.

Mistakes we make: Tend to assume the horse is okay, so take shortcuts in his teaching program.

The Success Formula

Think about what a horse needs to be able to do and then structure it into the program. Did you see that word? *Program!* This is not something you just do once. It takes a program of preparation, preparation, preparation, implementation and repetition.



Preparation

This is where you will put the most effort because it determines the success of what follows.

1. **The Seven Games:** This is the foundation of everything. It's how you develop a language so you can communicate with the horse to tell him what you want and help him to understand that he need not be afraid. The first three games are your critical building blocks. In there you have the Friendly Game, which you will constantly use to reduce or prevent fear; the Porcupine Game, which is about teaching horses to yield to and from physical touch and pressure; and the Driving Game, which is about teaching horses to respond to a suggestion without physical contact. Games 4, 5 and 6 are made up of the first three Games and are important in the way that building sentences out of words is important. The first three games are the

words; the next four are the sentences. Now you can have conversations that make sense to your horse, and now you have a language to teach him with. The better you and your horse get at the Seven Games, the more easily you can teach him anything you want.

2. Isolate the main Games that apply to the situation and invest more time in these as part of the teaching program. In this case, you will need the Friendly Game, the Porcupine Game and the Yo-Yo Game. The lighter and more responsive you can get your horse in yielding to pressure, and the more self-confident you can get him, the more successful you will be.

When a horse pulls back, it's not because of the rope; it's because he's afraid.

- a. **Friendly Game:** Tossing ropes around your horse's legs, neck, body and head; rubbing around ears, top of head, under jaw; tapping things, flapping things, etc. This is all about building high levels of confidence and teaching your horse how to feel safe almost no matter what happens. When a horse pulls back, it's not because of the rope; it's because he's afraid. The Friendly Game is *the* most important game when it comes to preventing or curing a pull-back, and it cannot be done in a day without going too far too fast, or it becomes traumatic. Many horses have been traumatized into standing still, but they are frozen with fear and have learned that moving is worse than standing still. That is not the idea here. Look for signs of confidence such as blinking eyes, lowered head, cocked leg, soft muscles, soft tail and ears, etc. Use the principles of approach and retreat, with lots of retreat. Take it slow and make it solid.
- b. **Porcupine Game:** Teach him to lower his head and to come forward lightly and responsively when you lead him forward a step or two. When he feels pressure guiding him forward, the message needs to get to his feet, because if he stands still and only stretches his neck towards you, this could be a sign of trouble ahead. If he goes backwards rather than coming forwards, let the rope slide through your hands and start again. Don't play tug-of-war, as the horse will stop thinking and start panicking.
- c. **Yo-Yo Game:** Send him back, bring him forward. Get to where he can do this confidently and without hesitation. Then do it with distractions such as having someone rhythmically shaking a flag (Carrot Stick and plastic bag) or slapping the ground with a Carrot Stick and String some distance behind you (not too close at first). You need to get your horse to be able to think under pressure, because that is how he is going to override the instinct to pull back. That's why you also need practice and repetition. Do this seven days in a row, without fail, before you go to the next step and tie your horse. (Of course, it can be done in less time, but this is by people with high levels of Savvy and experience. This is a formula that anyone can follow.)

Implementation

When it comes to tying your horse for the first time, use a long rope. The 22' line is usually the ideal tool. You will need a 4"–6"-diameter hitching rail or a tie ring attached to a sturdy pole or wall.

The idea is to *not* tie your horse at first, but to wrap the rope in such a way that it will slide if he puts pressure on it. This way he won't panic. Then you play approach and retreat like playing a fish, until finally your horse doesn't even consider pulling back. The way you do this is to create a little stimulus (by shaking the flag) that will bother him and cause him to back up and feel the halter tighten behind his ears. Keep shaking it until he either stops backing up or comes forwards. Pretty soon he'll realize that he can stop the flag by coming forwards, and here is the breakthrough. He will start to think his way through it!

Repetition

Do this as many times as it takes until the horse can stand there and never put pressure on the rope, even if he steps from side to side.

Now do it every day for seven days in a row.

And then every other day until finally you are consistently satisfied that you cannot get this horse to pull against the halter.

Then you can tie him securely . . . but you'll find that because he's so calm, confident and patient now, you can usually just wrap the rope around the hitching rail or loop it through the tie ring!

This is where if you take the time it takes, it takes less time. You do it properly in the beginning, and then you don't need to keep trying to fix it in the future.

Watch Out

It takes a little skill to do this (Level 2 plus), so if you don't feel confident, then have a Parelli Professional help you. It's easy to fumble the rope or stimulate the horse the wrong way and have him jump on top of you, but that really only happens if you are having a tug-of-war-instead of allowing the rope to slide as you are teaching him, or if you have not done enough preparation before starting the implementation.

The other thing that is critical is that you can read your horse. Do you know what confidence looks like? Can you detect the smallest signs of fear?

Confidence: Soft, blinking eye, alert yet relaxed, soft muscles, no brace, breathing normally, level head, loose tail, cocked leg, softly moving ears, etc.

Fear: Staring eyes, tense muscles (especially the under-neck), braced jaw, neck and forelegs, high head, clamped or J-shaped tail, feet braced wide, tight ears that twitch quickly, rapid or violent breathing or holding breath, etc.

In everything you do you need to persist, using a lot of retreat, until the horse shows signs of confidence instead of fear. This is where if you take the time it takes, it takes less time. You do it properly in the beginning, and then you don't need to keep trying to fix it in the future.

How to Tie

Tie high, tie often and for increasingly longer periods of time.

1. **Tie high:** It's important to tie a horse above its head rather than below it so he can't accidentally get a leg over it. Use quick-release knots such as the Bank Robber's Knot or Horseman's Bowline (see http://files.parelli.com/instructions/knots_know.pdf), depending on what you are tying to. The tie ring is a super idea, as is a high line. Have just a small amount of slack in the rope so your horse can rest with his head level or at least not get his nose lower than the level of his chest. All we ever use is our rope halter, because it's light, soft and comfortable, and should anything go wrong you are a pocket knife away from getting your horse free.
 2. **Tie often:** This is all about instilling positive habits. If you only tie your horse once in a while, you have more potential for him to have problems. If it becomes a regular part of his life, he adapts to it, and there are no surprises.
 3. **Tie long:** The first time you might only tie for a few minutes and in your presence, but gradually you will build that time to where you can safely leave him tied for some hours. This is vital for preparing your horse for a farrier or veterinary work and is especially important if you plan to transport your horse, because you're going to expect him to be able to cope with standing tied for as long as ten hours at a time, sometimes longer. To transport our horses from the U.S. to Europe they took a seven-hour flight, but they had to stand confidently before and after takeoff, too—delays included!
- Remember, a horseman is always preparing his horse for anything and everything. Building your horse's self-confidence, teaching him to think his way through situations and to trust you completely is what it is all about. 🐾

For quick-release knots see
[http://files.parelli.com/
instructions/knots_know.pdf](http://files.parelli.com/instructions/knots_know.pdf)





*Pat and Casper end their Liberty session
with some undemanding time
—Parelli Center, Pagosa Springs, Colorado*





by Cynthia McFarland

Savvy Nutrition

We horse owners are a helpful bunch. When something works for us, we like to share that information. In fact, the remarkable growth of the Parelli method around the world is an excellent example of what can happen when people spread the word about how to achieve success with horses.

When it comes to equine nutrition, however, it can be difficult to determine which feeding plan is best and what supplements should be considered. Just because your friend's horse looks great doesn't mean you should switch your horse to his feeding program. Just like humans, horses are individuals and can have different needs beyond their basic nutrition requirements.

At Parelli there are four parts to the program of keeping horses healthy: hydration, nutrition, supplementation and keeping it natural. To learn more about each of these critical components, we talked with Linda Parelli to find out what works for the Parellis. And we also spoke with T. Glynn Braddy, the man behind Parelli Essentials, to find out more about this unique creation.

Four Parts to the Parelli Horse Health Program

1. Hydration
2. Nutrition
3. Supplementation
4. Keeping it Natural

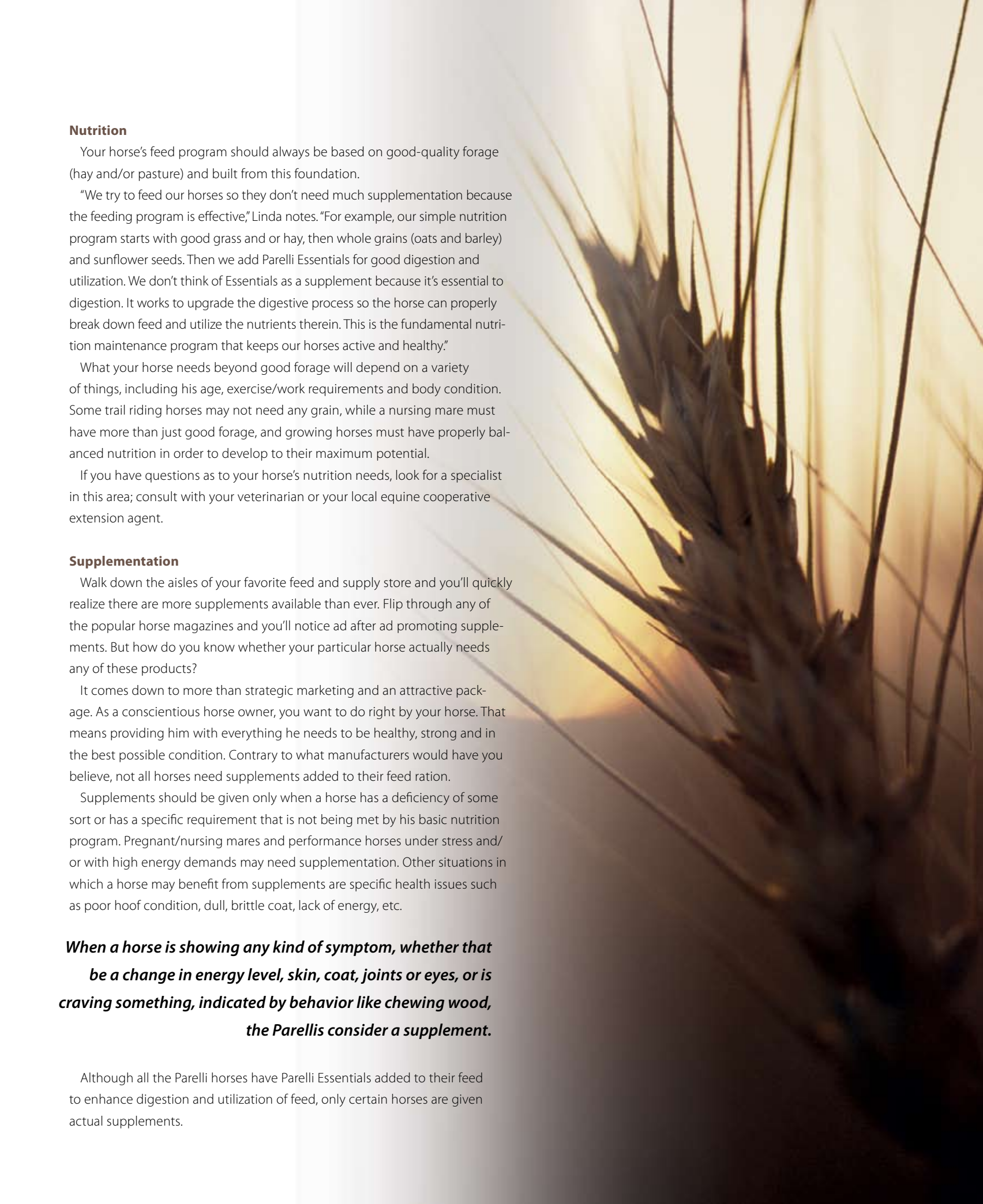
Hydration

"Hydration is seriously important to the function of the digestive system, nutrient delivery to the cells and elimination," explains Linda Parelli.

Linda and Pat Parelli have taken a different approach to that old adage "You can lead a horse to water, but you can't make him drink." Because adequate water intake is so crucial to a horse's overall health, they've gone a step further to keep their horses drinking.

"To keep our horses hydrated we give them more than water," says Linda. "We add molasses to their water, which acts as a powerful and natural electrolyte. Molasses is full of minerals and valuable sugars to increase the uptake of water from the gut. We don't have dehydration issues or have horses go off their feed when traveling or working hard because of this."

If you don't already offer your horse molasses water, you might like to make it available. Add about one cup of dark blackstrap molasses to a five-gallon bucket of water. Allow your horse access to both plain water and molasses water so he has a choice.



Nutrition

Your horse's feed program should always be based on good-quality forage (hay and/or pasture) and built from this foundation.

"We try to feed our horses so they don't need much supplementation because the feeding program is effective," Linda notes. "For example, our simple nutrition program starts with good grass and or hay, then whole grains (oats and barley) and sunflower seeds. Then we add Parelli Essentials for good digestion and utilization. We don't think of Essentials as a supplement because it's essential to digestion. It works to upgrade the digestive process so the horse can properly break down feed and utilize the nutrients therein. This is the fundamental nutrition maintenance program that keeps our horses active and healthy."

What your horse needs beyond good forage will depend on a variety of things, including his age, exercise/work requirements and body condition. Some trail riding horses may not need any grain, while a nursing mare must have more than just good forage, and growing horses must have properly balanced nutrition in order to develop to their maximum potential.

If you have questions as to your horse's nutrition needs, look for a specialist in this area; consult with your veterinarian or your local equine cooperative extension agent.

Supplementation

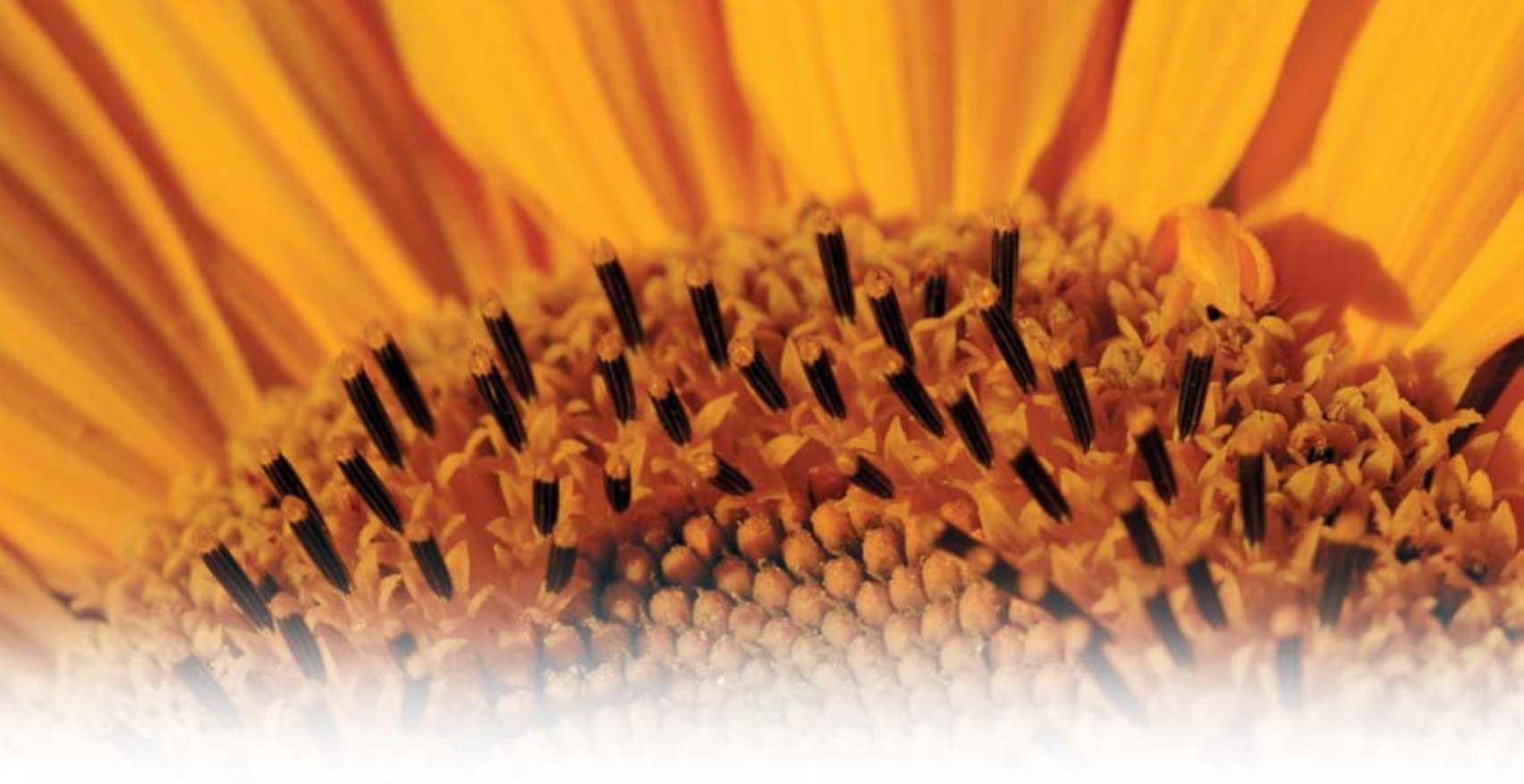
Walk down the aisles of your favorite feed and supply store and you'll quickly realize there are more supplements available than ever. Flip through any of the popular horse magazines and you'll notice ad after ad promoting supplements. But how do you know whether your particular horse actually needs any of these products?

It comes down to more than strategic marketing and an attractive package. As a conscientious horse owner, you want to do right by your horse. That means providing him with everything he needs to be healthy, strong and in the best possible condition. Contrary to what manufacturers would have you believe, not all horses need supplements added to their feed ration.

Supplements should be given only when a horse has a deficiency of some sort or has a specific requirement that is not being met by his basic nutrition program. Pregnant/nursing mares and performance horses under stress and/or with high energy demands may need supplementation. Other situations in which a horse may benefit from supplements are specific health issues such as poor hoof condition, dull, brittle coat, lack of energy, etc.

When a horse is showing any kind of symptom, whether that be a change in energy level, skin, coat, joints or eyes, or is craving something, indicated by behavior like chewing wood, the Parellis consider a supplement.

Although all the Parelli horses have Parelli Essentials added to their feed to enhance digestion and utilization of feed, only certain horses are given actual supplements.



When a horse is showing any kind of symptom, whether that be a change in energy level, skin, coat, joints or eyes, or is craving something, indicated by behavior like chewing wood, the Parellis consider a supplement. A supplement, as the word suggests, is something meant to deliver more than what is provided by the normal diet. This need for something additional may be directly related to the horse's level of exercise or stress factors such as travel, performance or harsh environmental conditions.

"We supplement horses that have higher needs due to increased performance or are pregnant, have poor immune systems, etc.," Linda notes. "We draw specifically from a list of things such as inositol, taurine, flaxseed oil, cod liver oil, ionic minerals (Parelli Vitals), apple cider vinegar, Vitamin C, kelp and probiotics. We tend to make up our own formulas to address a need, and then the horses are back to their regular program.

"Only our performance horses stay on a program that includes the regular use of supplements. Because they are asked to perform above the average, we have to maintain them at a higher level. They regularly receive flaxseed oil, ionic minerals, extra sunflower seeds, free-choice kelp and Winnie's Cookies."

A Parelli Preferred product, Winnie's Cookies are a whole food supplement that contains no preservatives. They are made from 12 certified organic ingredients selected for their 22 vitamins, trace minerals and amino acids. They are promoted as helping to detoxify the digestive tract, making the gut more efficient in assimilating calories.

When Parelli horses are traveling they also receive APF, a ginseng-based adaptogen that mediates stress hormones especially when the horse is confined and can't run to get these hormones out of its system.

Keeping it Natural

"We have a natural approach to our horse health care and try to avoid the use of chemicals, antibiotics and drugs," Linda adds.

Keeping it natural is also about balance. Even the most well-intentioned horse owners can make potentially harmful mistakes in a horse's nutrition program by adding things the horse doesn't require, or in incorrect amounts.

We try to keep things very simple and as natural as possible despite the unnatural conditions horses have to be kept in.

"Decades ago there weren't balanced commercial horse feeds, so people bought grain and mixed it themselves, adding the minerals and supplements," explains Gary Potter, Ph.D., PAS, Dipl. ACAN of Potter Enterprises, a Texas-based international consulting business for the horse industry and the equine feed industry.

"When feed companies started making balanced feeds, some people still thought they should add something. Think of it this way: When you buy a commercial dog food, you don't tend to add supple-



ments, but we do with horses. Supplements are only needed to balance a diet. When it comes to the nutrition of a horse, you have to trust someone who knows how to balance a diet," says Potter, adding that this is why commercial feed companies hire equine nutritionists.

Use Common Sense

"I think there's a lot of truth to over-supplementation," notes Linda. "It's easy to be drawn in by advertising and end up with a lot of different things you put into the feed without knowing what the horse really needs, and without taking into consideration what is already in some complete feeds. We try to keep things very simple and as natural as possible despite the unnatural conditions horses have to be kept in.

"To a large extent I knew how to do this for my horses, but I became intensely aware that because they couldn't forage freely on thousands of acres like a wild horse, our horses would be compromised in their natural ability to get what they knew they needed as the seasons or situations changed. They could only get what we fed them, and increasingly these feeds are processed, refined, heated or altered, and they have a lot of additives, from vitamins and minerals to oils and preservatives, much of which is probably quite indigestible. It's a bit like fast food for humans: tasty, but more refined and less nutritious, and the added nutrients may be difficult for the horse to utilize."

Understandably, the Parellis are frequently asked to consider trying different products with their horses.

There are many roads to the top, but in the end you have to pick one that works and follow it

"This happens so often that we could switch our horses to new things every week," says Linda. "But I only look for more if what I'm doing is not working. That keeps it simple, and we don't get confused by trying to do too many things, or stopping and changing before something has a chance to work. There are many roads to the top, but in the end you have to pick one that works and follow it."

The Scoop on Parelli Essentials

For a better understanding of Essentials we turned to T. Glynn Braddy, the man largely responsible for this breakthrough in horse health. Braddy has lectured on human nutrition in seven countries, and his presentation "The Elements of Man" has been converted into the behavioral study now known as the Parelli Horsenality Profile™. Braddy and Linda Parelli met 24 years ago during his lectures in Sydney, and since then the Parellis have consulted Braddy in their approach to horse nutrition and hydration.

"All horses can benefit from Essentials, even when taking a supplement," notes Braddy. "The process of digestion and utilization can assist a product to do its work. Essentials is an entirely different approach to nutritional-metabolic balancing. It has the capacity to 'enable' the utilization of valid supplements and the synthesis of some vital nutrients."

Braddy explains that the principle of human infant nutrition is the starting point for many of his formula recommendations.

"We never grow as quickly or with such complexity as we do in the first years of life," he remarks. "Human growth and development begins with a compound as simple as mother's milk. The compounds inositol and taurine are basic to breast milk. It is through the operation of those biochemicals that humans can grow a body and a brain. Conception is another vital life process, and one of the first events that can alert a woman that she is pregnant is a change in her digestion. Essentials is based on these principles—the natural miracle of digestion."

Braddy adds that while supplements are chosen for the specific effects they are designed to have, this is not the case with Essentials. Based completely on nature, Essentials gives the horse what it can use in its digestive tract to support its natural ability to make the nutrients it needs. If digestion is compromised, the food one horse gets won't be the same as what another horse gets, even if they're eating from the same bucket. Even water becomes different in different digestive tracts.

"Like things in nature, Essentials does not remain a collection of separate chemicals once it enters the digestive tract. All the contents are changed by the digestive process and can be viewed as an overall effect," says Braddy. "If they are designed with that in mind, the more nutrients that are able to interact digestion-wise, the more they can have the Essentials effect. Complex compounds can be made from a thing as 'simple' as grass!



"Many years ago the Essentials formula was 'radical,'" notes Braddy. "Now it is no longer a revolution; it is just a working fact at Parelli."

"I am privileged to contribute to the research that Linda and Pat conduct virtually every day," says T. Glynn Braddy, an architect and the co-director of Dunstan Baby Language (DBL), an international company that is based on babies' ability to "speak" a universal language from the moment they are born. DBL made its debut on "Oprah" in 2006 after eight years of research. Braddy, 66, lives in Sydney, Australia, with his wife and three sons and continues his research with the support of Diane Crilley, his assistant of 26 years. 🐾

Resources:

Parelli Essentials www.parelli.com (available in the USA only)

Parelli Vitals and APF www.parellcollection.com

More about Dunstan Baby Language...

After nearly a decade of research, one mother's intuition unlocks the code of infant cries.

Sydney, Australia—13 November, 2006—As announced in an exclusive interview on "The Oprah Winfrey Show," Australian mother Priscilla Dunstan has the world talking with the discovery of the secret language of babies. The Dunstan Baby Language DVD is a breakthrough System that allows parents to understand their baby's needs through specific cries. Learning the System, parents are able to settle their babies faster, resulting in happier, more contented infants who sleep longer and cry less.

This breakthrough in infant care is the result of one mother's intuition that began nearly a decade of investigation and international research. Ultimately it has developed into the recognition of a language shared by all babies regardless of race or gender—a universal language.

For years, many mothers have believed that a baby's cries were more than random noise—that their babies were trying to commu-

nicate. After the birth of her son Tomas, Priscilla Dunstan began to hear distinct patterns in his cries. Initially she thought it was something unique, but once the same sounds could be heard between other mothers and their babies, it became apparent that all babies used these sounds to communicate.

Newborn babies use specific sounds to express their basic needs: hunger, tiredness, need to burp, lower wind and discomfort. Dunstan Baby Language teaches parents how to identify these needs through their infant's cries, enabling parents to respond quickly and effectively.

This knowledge takes the guesswork out of parenting a new baby and helps parents build confidence in their ability to care for their newborn. Now parents around the world are understanding the meaning of their babies' cries and experiencing the benefits of the Dunstan System.

Availability

The Dunstan Baby Language System is taught through five lessons on an informative DVD set. Each lesson provides the tools to identify specific cries and offers a range of suggested settling techniques. It is available online at www.dunstanbaby.com.

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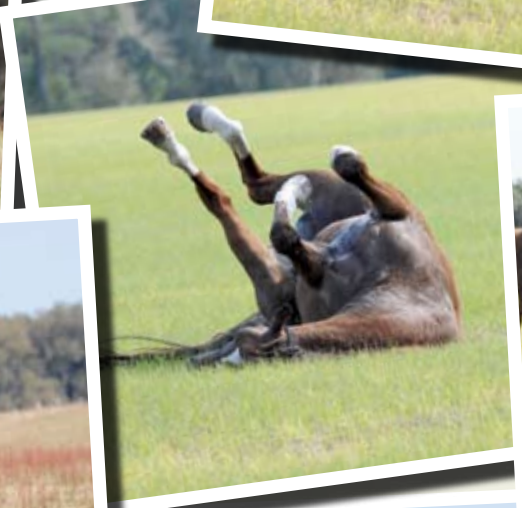
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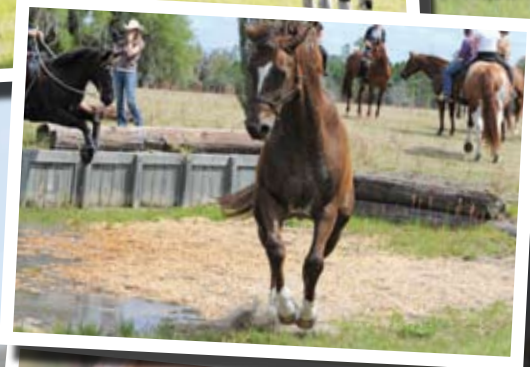
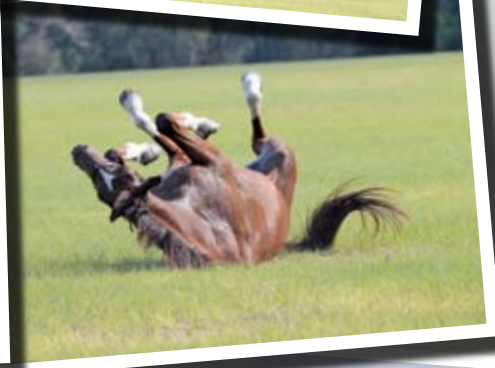
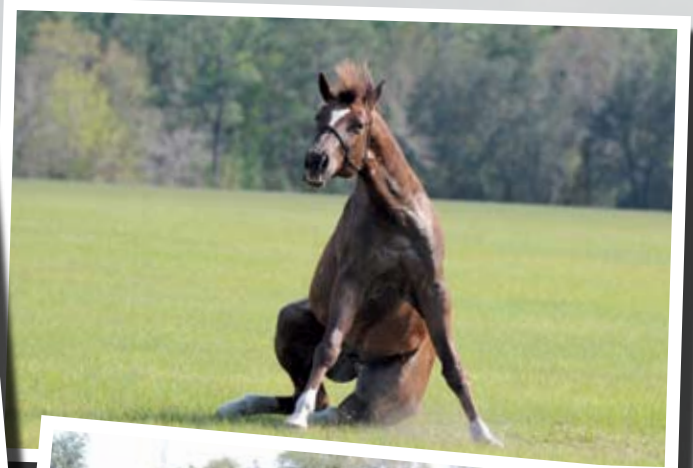
No Matter Where We Go There We Are

Allure 2008

by Parelli Photographer, Coco

On being
Allure,
Weeeeeee!!!
-Coco







Fireside Chat

by Terra N. K. Pugh

Pat Parelli: Hometown Hero Riding the Invincible Mr. Smith

History is a matter of perspective. The Parelli story has a million different versions, depending on who is telling it. It is a story that has become our own, and it is a story with a past, a present and a future.

And while much of our own story is vested in the present moment, there is something special about the past that dictates everything about who we are. It is in knowing where we come from that we are able to gain perspective and we are able to begin to live history.

Pat Parelli is known for his horsemanship and for a program that has changed countless lives. But rarely, other than as a footnote, do we hear of the life of rodeo that has afforded us the opportunity of the Parelli Program.

Pat's rodeo career began when he was 17, and he often says that he rode buckin' horses until his brains came in. But in spite of being "brainless," he had a career that brought him the title of Bareback Rookie of the Year in 1972 and a buck-off average of 4%. While rodeo may have knocked Pat's brain in, it might be better to say that Pat rode buckin' horses until he lucked into meeting Troy Henry, the master horseman from Clovis, California.

We've all heard of Troy Henry, or at the very least we've heard of his teachings: psychology, communication and the dynamics of horsemanship. To this day those lessons continue to be the foundation of the Parelli Program. In *Maxims for a Modern Man* Paul Eldridge stated that "History is the transformation of tumultuous conquerors into silent footnotes." This story is the beginning of one such transformation, from rodeo cowboy to horseman. This is the story of the ride that won Pat an introduction to Troy Henry. And while it may be only a minor incident in the life of Pat Parelli, it is also the story of a hometown hero riding the invincible Mr. Smith.

Dating back to 1914, the Clovis rodeo was rich in history and rich in reputation. Clovis was big on the Spring Circuit, and it seemed to be a natural progression for Pat, who had made a name for himself on the college circuit but was virtually unheard-of in the professional rodeo scene. Rodeo rules required every competitor to be a card member, which entailed winning a couple thousand dollars in earnings from smaller rodeos. At the time, obtaining a member card was not an option, as Pat was putting himself through college on a rodeo scholarship at Fresno State University. However, rodeo rules also dictated that cowboys could enter their local professional rodeos once, regardless of their earning status. So in 1975 Pat entered his hometown rodeo in Clovis, California.

Not much ever came from local entries, and nothing was really expected of them. Pat was destined to be yet another nonevent, and then he drew Mr. Smith. Mr. Smith (whose name was later changed to Smith and Velvet) was the five-time Bucking Horse of the Year and was supplied by the legendary Christenson Brothers, a stock company that was inducted into the Rodeo Hall of Fame for its part in developing the sport of rodeo as we know it today. And as if there wasn't enough hype, Mr. Smith had not had a qualified ride that year. It turned out that the hometown cowboy had drawn the toughest horse of the rodeo.

On the day of the rodeo they not only started the event with the famed horse, but they led him through the grand entry in the silver halter that he had won as Bucking Horse of the Year. Pat and Mr. Smith were the first out of the gate, and Pat was the first to ride for eight seconds. It was an 86-point ride and one of the best rides of his life.

When Pat was introduced to Troy, Troy looked at him and said, "I've heard all about you, Pat Parelli. I heard you couldn't train a field mouse to jump into a grain sack."

In terms of how the ride changed Pat, it did two things. One, it made his head swell so big that it was hard to get through the door, and two, it gave him a lesson in humility through an introduction to Troy Henry. You see, Troy knew rodeos. One of his specialties was preparing girls for rodeo queen contests. The trend was that if you won Clovis, you had a very good chance of winning the contest at Salinas and being named Miss California. Consequently, almost all the girls who had won the Clovis rodeo were also Troy Henry students. So Troy knew rodeo, and Troy knew talent.

When Pat was introduced to Troy, Troy looked at him and said, "I've heard all about you, Pat Parelli. I heard you couldn't train a field mouse to jump into a grain sack." And Pat, swallowing his pride, said, "Yeah, well," only to be interrupted by Troy saying, "But when I saw you ride that big yellow horse at the rodeo last week, I figure that whatever it has taken for you to learn to do that, you must have the dedication that it takes to excel in my program. I'll give you a chance."

It was that chance that gave Pat the opportunity to do horsemanship, the thing that he has spent the rest of his life sharing with the world. That ride on the invincible Mr. Smith changed Pat's life because he met Troy Henry. When he looks back to describe that moment, Pat says that three feelings sum it up for him: confidence, elation and invincible. But for some perspective, the question to ponder is: Would Troy Henry tell this story the same way? 🐾



Pat's mentor, Troy Henry

Savvy Club Update

Tips for Attending New USA Tour

When you arrive at one of the next USA Tour events, get your tickets ready and head for the big golden flags at the entrance to the venue.

Day 2 is SAVVY CLUB MEMBERS and their guests ONLY day! That's right, only club members and their buddies will be able to attend Day 2 of the U.S. tour. Pat and Linda will spend the day giving instruction and information specific to Savvy Club Members only. So get your tickets for Day 2. Please note you can only request as many member tickets as the number of people on your membership. In addition to your member tickets, you can request up to five buddy passes for friends.

Don't Forget Your Passport OR Journal & Membership Card

Requesting tickets will get you in free to all the Parelli USA Tour stops, but don't forget your Parelli Passport/Journal and membership card. Your Passport/Journal can be stamped at the Savvy Club booth with a unique stamp at every Tour stop or major Parelli event to document your journey! Your card will be swiped to add your 25% discount to your purchases at the show. Lost your card? Be sure to have a record of your member number.



We Want to Hear from You

This is your Club, and we want you to contribute! We want to know how Parelli has changed your horse-human relationship. Do you have stories or photos you would like to share? Send them in!

Mail can be sent to: Parelli Natural Horsemanship, Attn: Savvy Times, PO Box 3729, Pagosa Springs, CO 81147, or you can e-mail savvyclub@parelli.com.

Stay in Touch with Parelli e-News

Parelli e-News is our official weekly newsletter. Find out about special offers; get Tour updates, TV programming news, new releases, tips and more.

Call 1-800-642-3335 (U.S.) or 1800 460 988 (AU) or 0800 023 4813 (U.K.) to update your e-mail information with us, or you can do it yourself on the Savvy Club site at www.parellisavvyclub.com to have e-News conveniently delivered to your inbox. Some e-mail programs have spam blockers that prevent delivery. Don't worry! You can view e-News each week from the link on the www.parelli.com home page.



Members Receive 25% Off!

Members receive 25% off all Parelli education and equipment! This offer applies whether you order on the web, call us by phone or make a purchase at an event. (Note: Parelli Center course discount is 35%!). When completing an order in the Parelli Web Shop, make sure that the system has recognized you as a Savvy Club member. When you are properly recognized, the upper right-hand

corner will say "Welcome (your user name). You are a Savvy Club member."

The login page explains the steps you need to take to make sure you are recognized. If you have followed all of the steps and still have problems, please e-mail savvyclub@parelli.com or call 1-800-642-3335 (U.S.) or 1800 460 988 (AU) or 0800 023 4813 (U.K.).

Parelli at Expos '08

Parelli will be attending seven horse expos across the United States in 2008. There will be an information booth set up at each expo, and at a few of the expos Parelli instructors will be doing demonstrations.

2008 Expo Schedule

Feb. 29-Mar. 2, Wichita, KS (*Booth Only*)
Equifest of Kansas

Mar. 14-16, Denver, CO (*Booth Only*)
Rocky Mountain Horse

Mar. 28-30, Albany, OR (*Booth Only*)
NW Horse Fair & Expo

Apr. 18-20, Madison, WI (*Booth & Demo*)
Midwest Horse Fair & Expo

Jun. 6-8, Sacramento, CA (*Booth*)
Western States Horse Expo

Sep. 13-14, Ft. Worth, TX (*Booth & Demo*)
Equine Expo of TX

Oct. 31-Nov. 2, Richmond, VA (*Booth & Demo*)
Equine Extravaganza

Corrections/Apologies—Feb. 2008 Issue

76 Endeavors article on page 25: misprint on the list of endeavors. "Tit Pegging" was actually meant to read "Tent Pegging."

Emergency Situations article on page 41: We only provide the horse charts with the torch. Additional charts can be purchased by calling 1-800-746-1002.

This award presentation is important to me because it represents a total change in my life and for my horses, and this presentation will memorialize it.



My life and the lives of my horses have changed because of my Parelli experience, and your presentation will be so precious to me! I have been around horses since the age of four, having been raised on a dairy farm. But not until I was introduced to Pat Parelli did I begin to understand them. Pat and Linda's insights have completely changed my relationship with my horses, and they are so happy! I spent an incredible (and hard!) week in Pagosa Springs with my special Sierra. I returned with a renewed determination to continue the journey. It is a lifetime commitment for me and my "friends." — Linda

(After opening the presentation...)

I just received my presentation. I can't even express to you how much I love it! You did an unbelievably beautiful job. It will be hanging in a place of honor today! Every time I look at it, it reminds me of the transformation that has happened for me, thanks to Pat. This is a lifetime journey for me and my "kids," and they love it as much as I do.

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International orders welcome. Gift Certificates available. Visit us on the web at www.parelli.com.

Spot the Savvy!

Every Savvy Times we'll challenge you to "Spot the Savvy" in the horsemanship.

What has Linda changed from one moment to the next in these pictures with Allure? (Answers on page 75)





A photograph of a rider on a brown horse, wearing a Cradle Bridle. The rider is wearing a white vest over a grey long-sleeved shirt, black pants, and a black visor. The horse is in motion, possibly cantering, with its front legs lifted. The background is a blurred outdoor setting.

I have had fantastic results with the Cradle Bridle with my horse Bandit. He is well into Level 3, but we were really struggling with collection (particularly at the canter). He would push his nose out, go really fast, chomp constantly, etc. We were getting marginal results with the suspension rein. This was with the Comfort Snaffle.

The moment I put the Cradle Bridle on, it was a completely different picture. His mouth is dead quiet (finally tongue relief for my Left-Brain Introvert horse!).

*The moment I put the
Cradle Bridle on, it was a
completely different picture.*

From the first ride I could feel his back come up under me. His canter is almost too slow now, and I am getting consistent blowouts at the canter. His collection is not perfect at the canter yet, but it takes little to ask him to round up, and he is often asking to drop his head and round his back when I release the feel.

I am also now able to really feel what it means to “move my horse’s shoulders over,” as the overall communication with all of his body parts has surpassed anything I have felt before. I am riding him with the solid chin strap and on the small rings. He does not seem to prefer the elastic over the non-elastic chin strap, and I broke my elastic one (long story—my fault!), but I imagine I will keep him in the solid one even when I get my elastic one replaced.

My friend Debby also bought a Cradle at the Savvy Conference in Pagosa Springs, and I have to share a response she got. She rides her horse every day, and her parents live on site, so they see her ride all the time. When we got home from the conference we put the bridle on her horse (after 26 hours of driving, but we couldn’t wait). She got immediate results as well, with her horse rounding and softening. Her dad walked up and asked me quite seriously which horse Debby was riding. When I told him it was the same horse he sees every day, he did not believe it until he looked closer. If that’s not honest feedback, I don’t know what is!

—Ann

For more information visit www.parelli.com

Cradle Bridle



Meet the Tour Team

What does it take to successfully present events for 3000+ people across the USA? A dedicated team of horse lovers willing to live on the road and take care of horses, equipment, trucks, feed, props, video cameras, computers, sound equipment, inventory, booth stands and more . . .



Top: Jay (wearing hat), new addition the sound team, Louie and Tori

Middle: Nichole and Alison



Bottom: Eric, Jake, Mike and Brian
(Mike has now moved on and is manager of Pat's Barn)



Where are you from?

Alison: I am originally from a small country town in New South Wales, Australia, called Holbrook.

Brian: Abilene, TX.

Eric: Chicago, IL (west suburbs).

Jake: Lansing, Michigan.

Nichole: Atlanta, GA.

Tori: Hamilton, MT.

Jay: I am from Colorado.

How long have you worked for Parelli?

Alison: I have been a part of the Parelli team for two years, mainly in the Australian office as Savvy Club administrator. I have also had the opportunity to spend six months in the U.K. assisting with the development of the U.K. office.

Brian: I started working for Parelli in May 2005.

Eric: Since September 2003.

Jake: I have worked for Parelli for one year. I started out on the Ranch Crew as an intern and worked my way to becoming a full-time employee. This is my first season on the Tour Team, and I am very excited to get to be a part of such a wonderful thing.

Nichole: I was hired in September 2007, right after the Savvy Conference. I came to volunteer soon after I took my six-week course, and Alain Martignier surprised me at the end of the conference by offering me a spot on the tour!

Tori: I went to Colorado for the six-week course in May of 2007 and pretty much never left!

Jay: I have worked for Parelli for two years.

What is your job on the Tour Team?

Alison: I am Savvy Club/Volunteer Leader.

Brian: I am the tour horse groom. My role is to keep the horses and tack looking super! I also travel with the horses and am responsible for them at the venues.

Eric: Official Tour Cameraman.

Jake: I am the Arena Manager, which means I set up the barrels and other obstacles for the different sessions. I also help Pat and Linda when they need specific tools for demos, and if something needs fixing in the arena during the show, I take care of it.

Nichole: I take care of inventory at the shows—making sure we have enough of everything and keeping track of what we sell. I also help Tori with retail during shows, helping customers with questions and getting them what they need. I also do lots of miscellaneous tasks in between tour stops—whatever the team needs done!

Tori: I am the Finance/Retail Leader.

Jay: Truck driver and fleet manager.

What's your favorite part of the 2008 format?

Alison: *Savvy Club Sunday!* For the first time ever, Savvy Club members get to spend an exclusive day with Pat and Linda. We get insight into what Pat and Linda do behind the scenes, see Linda coach a Savvy Team member with his or her horse and then see Pat taking a Savvy Team horse to the next level! Sunday has a unique feel—high-level horsemanship with like-minded people!

Brian: I have loved Pat and Linda highlighting the star horses of the future! To get to see younger horses that aren't the final product is really exciting. I can't wait to see them reach their potential!

Eric: Since I have filmed almost 90 Parelli events, the new format of having one day for Savvy Club members only is very exciting. To me, this means Pat and Linda are going more than the extra mile for the Savvy Club members because they want to go in the same Parelli direction. What I love most about the tour is Pat's and Linda's spontaneity, particularly around the demo horses. At every tour stop I get to see Pat and Linda play with horses and students, and I don't know what is going to happen. I just hope I have it in frame, in focus and at a good angle so that Savvy Club members who were not there will feel as if they were when they see the video.

Jake: I love the Savvy Club day with the coaching sessions from Pat and Linda. Linda coaches a Savvy Team member with his or her horse, and Pat plays with one of the Savvy Team members' horses and takes horse and rider to the next level. It is great—you really get to see Pat and Linda in their element with horses and students.

Nichole: I know it's not new, but I especially love the demo horse segment on Day 1—it has always been my favorite part of tour stops. Watching Pat play with a horse in real time, seeing how he reads the Horsenality™ and seeing what he chooses to do to help each individual horse become calmer, braver, more obedient and more motivated is really special. I'm a visual learner, so it helps me immensely to see what Pat does to get through to a horse and show his leadership. It amazes me every time to see how quickly the horse recognizes that Pat is a natural leader! On Day 2 I really enjoy the session that Pat does with the Savvy Team horse—seeing how he can take a horse that is already in the program to the next level just reinforces how much of a master he really is. The lessons with Linda are wonderful as well—seeing the changes she can make in a short time with a student and his or her horse simply by using the principles already outlined in the program is encouraging! It helps me have faith in my own progress.

Tori: My favorite part of the new format is watching Linda taking someone from the Savvy Team and helping both rider and horse. It is truly amazing to watch!

Jay: My favorite part of new format is all of it. To see Pat and Linda take special time for Savvy Club members is especially cool! The level of learning for these folks has really gone up. Amazing!

When You Get Caught Between the Moon and New York City

by Neil Pye (Parelli Professional Program Director)

Apologies to Christopher Cross and his hit of the early eighties, but more and more on these cross-Atlantic flights I find myself reflective and quite honestly amazed at this journey that is Parelli Natural Horsemanship.

Other journeys across this mighty stretch of ocean have borne different fates. But thankfully, for Sue Shoemark (Parelli VP of International Operations) and me—at 36,000 feet of altitude, and roughly above the spot where, all those years ago, the *Titanic*, touted by the experts as unsinkable, frankly . . . sank!—I find myself more than a little pleased that yet again the “experts” of the day may have been off the mark!

What has this got to do with the last 12 months? Well, when we arrived in England this time last year, some “experts” (from here on known as *they*) had warned that plans to grow Parelli Natural Horsemanship in the U.K. would be difficult to realize.

They were quick to point out the reasons why this thing called Natural Horsemanship would not be accepted in this part of the world, the home and bastion of tradition. To list just a few:

1. The weather.
2. It's a cowboy thing.
3. The reluctance to change.
4. The U.K. was in no need of “looking at life from the horse's point of view”.

On our arrival in late March it was cold—and yes, it was wet and gray.



But we had much to do: establish our new Parelli office and a horse barn and create a facility in which to hold courses and clinics, not to mention organize the “World’s Largest Natural Horsemanship Celebration”.

Then came April, and it became clear to me how George Harrison had been inspired to write “Here Comes the Sun,” as the most beautiful early spring I had seen anywhere in my travels emerged: sunshine aplenty, stunning sunsets and blossoms—surely a positive sign!

It had been a wobbly start, but then it all began to just happen!

Our new friends from Stoneleigh Park allowed us to use some of their office space until our new building was ready. Our team started to come together: Nicky Townshend, our first member; then Lyla Cansfield joined us fresh from her time on the faculty in the U.S., with Laura Aitken coming on board after completing six weeks at our Florida center.

Austen Atkinson, accomplished producer/director, published author (*Dr. Who*, no less) and Level 2 student, came into our world.

We shared our vision for the U.K., and before we knew it Austen was in the U.S. filming Pat and Linda in what was to become the best-known secret of 2007 and the highest-selling *Horse* magazine monthly of the year. The “Parelli’s Secret” DVD went out on the cover of their June issue.

From then on it seemed to take off . . .

Invitations arrived to appear at Royal Windsor Show, followed by demonstrations every day at The Royal Show at Stoneleigh Park in the heart of Shakespeare country.

Pat and Linda’s simple but nevertheless profound message of “Love, Language and Leadership” proved a timely reminder that these were the skills our forebears knew, when a horse’s trust and cooperation was needed to till the land and bring in the crops. It was a reminder of how in this fast-paced, throwaway society, somehow we had forgotten what our great-grandfathers knew, and now, more than ever, the need to return to these skills and values could only be good for horse and human.

Suddenly, despite Pat’s cowboy hat, the so-called “traditionalists” were seeing firsthand that, in fact, we had far more in common than they had expected—values like respect, understanding and working with the horse’s nature—things that are part and parcel of the British heritage, people and countryside.

In fact, the interest in Pat and Linda’s program and a clear pathway to return to the skills of old were beginning to be embraced by the people *they* had said would not be interested . . . *how interesting!*

The new Sky Channel 280, Horse and Country Television, was launched—the U.K.’s most exciting network for bringing horse and country people together. We began airing our programs, and it soon became obvious from the number of calls and emails we received that our office team needed more members.

Rachael Morland, home-grown 2-Star Parelli Professional, joined our team (and here is another Parelli secret: Rachael is the star of our new upcoming Parelli production, “Live Your Dream,” a special DVD to be on the cover of *Horse* magazine’s June 2008 issue).

Jenny Beynon became our new first voice, while Laura, by virtue of her obvious natural leadership style and passion for people and horses, was promoted to become our first Parelli U.K. manager.

Then it all began to take on a surreal sense on one moonlit midnight in early August (one that Lyla and I will never forget) as down the ramp came our own “royalty”—in horse flesh, anyway.

Magic, Remmer and Pat’s famous black stallion Casper calmly stepped off their transport to take a quick look around and then savor their first taste of beautiful English grass. It appeared their trip across the Atlantic via Scotland to Stoneleigh Park was all in a day’s work for these special horses.

Next to arrive were our team from the U.S., then Mark and Leslie Weiler, all a little weary from their own Atlantic crossing, but mostly excited. Finally Linda and Pat joined us all, and as they say, the rest is history.

The NEC 2007 Worlds Greatest Natural Horsemanship Celebration showed the world that Natural Horsemanship is not bounded by geography, cultures or styles but is a movement that is touching the hearts and actions of horse lovers everywhere.

The enthusiasm, passion and excitement shown over that two days at the NEC caused one of the U.K.’s leading equine events promoters to later share with Sue and me, “If you had asked me whether you could get 4,500 people, in the middle of an English summer, to gather at the NEC to watch a horse show with no show jumpers, no eventers, no dressage events, I would have said you were crazy.” He then said, “Clearly a good thing you did not ask me for advice.”

Well, here I am back at 36,000 feet and getting ready to land in the U.S. to meet Linda, Pat, Mark and Yvonne Wilcox at our Little Rock tour event as we gather to finalize the plans for the launch of our “Five Day Stoneleigh Park Course Experience” this May.

What a 12 months it has been . . . Stoneleigh Park as our corporate heartbeat, complete with our resident instructors, a customer support team and a comprehensive distribution center servicing the U.K. and Europe.

And to top it all off, the creation of Parelli Media U.K. to deliver digitally and in high definition our latest Parelli TV, to be broadcast all around the world.

A former member of the *they* club best summed it up when he said, “You Parelli folk are jolly good at keeping people in the horse industry . . . carry on.”

We will!

Meet Pat's Super Horses

with Pat Parelli

In the old days when Troy Henry was teaching me, the whole goal was to have a horse complete his education by the time he was six going on seven. If a horse had talent, then by age seven we would start asking him to really do things.

These days it's the opposite, people are asking horses for this at three years of age; and in some industries, such as racing, it's as early as two years of age. They're just little babies, so the physical fallout is pretty high due to stress on joints, etc., but most likely the mental/emotional fallout is even greater.

For me, I think of relationships for life. I do not want to have a horse that is worn out by the time he is five to eight years old. Magic is 17, and if I go about it correctly, she feels like she has ten more years in her. I have seen horses compete in roping and barrel racing well into their twenties. I've seen bucking horses compete into their thirties. This is not a pipe dream if you handle it right. If they are the right Horsenality™ or if you honor their Horsenality™, it's a no-brainer. This means you either do what comes easy for them or you take the time to make it feel easy.

With all of that in mind, I have three categories of horses by age. The group under six years old is our *hope* group. We want to find out whether or not they've got the talent and aptitude to ensure they will stay at my barn. This is essentially based on their performance potential. We have three kinds of horses: Western performance horses, English performance horses and driving horses. I look for horses that would impress anybody from those competitive worlds in terms of the quality of stock that we have and, of course, the quality of their training.

The next group is horses aged six to 16. If we've done a really good job taking our time to build a solid foundation in those first six years, from pre-saddle training on up, we will have developed horses that are calm, smart, brave and athletic and therefore will have proven their potential. Now we have a decade to expect them to perform for the Savvy Club DVDs or to take them on tour and have them do all the things that Magic and Casper do.

For horses like Magic and Casper who are now in our senior citizen program (age 17 and up), we keep their fitness up, and every so often we're going to ask them to do something. As much as everybody would love to see those horses over and over again, it's important for their health and well-being to be principled about how much they are still asked to perform.

So in summary, from birth to age six is the time for building the foundation—I call it the cake. Over the next ten years we put thin layers of icing on the cake (refinement). And progressively we put the candles on (sport-specific) and light those candles (perform) as many times as we need to, but without ever letting the foundation deteriorate.



Seven

Parelli Smart Seven—"Seven"

Sex: Gelding

Date of Birth: June 6, 2004

Height: 14.2 hh

Breed: American Quarter Horse

Sire X Dam: Sailing Smart X Roan N Royal (Scamp). Sailing Smart was trained by Craig Johnson and is a NRHA Non Pro futurity finalist, an AQHA World Champion Reining horse, an AQHA Reserve World Champion Working Cowhorse, winner of four United States Equestrian Federation medals, member of two gold-medal United States teams in international competition and a finalist at The World's Greatest Horseman competition, winning both the reining and fence work.

Horsenality™: Left-Brain Extrovert/Introvert

Where from: Parelli-raised

Special Features: A unique snip on his nose in the shape of a teardrop.

Seven is the instigator of pasture play! We like to call our herd of geldings the college boys—they have fun and they play hard.

Pat's Hope for Smart Seven

He's a great-looking horse with the perfect Horsenality™ for what I want to do with him, and I am *hoping* that he has inherited some of the great attributes of his parents. His father is a multiple world champion in reining, and his mother was the best cutting horse I've ever ridden. Right now I want him to get his four Savvys to Level 4 and allow what is inside of him, genetically speaking, to emerge. So far he is showing a lot of aptitude for flying lead changes while playing at Liberty. When he stops he buries his hindquarters in the ground. He does all the things that you want in a Western performance horse.

AR Colonels Smart—"Evolution"

Sex: Gelding

Date of Birth: April 7, 2005

Height: 14.2 hh

Breed: American Quarter Horse

Sire X Dam: Colonel Doc Bar Chex X Smart Date. Colonel Doc Bar Chex: Two-time World Champion Horse, NRHA, NCHA, NRCHA Money-Earner. Evolution's grand sire on his sire side is the great Colonel Freckles: NCHA Futurity Champion. Colonel Freckles is in the AQHA Hall of Fame as a great contributor to the Quarter Horse breed. Evolution's second grandsire on his sire side is *the* Doc Bar.



Smart Date is a NCHA money-earner. Evolution's dam is by Smart Little Lena, NCHA Triple Crown winner! Evolution's Great grand sire on his dam's side is Doc O'Lena. Doc O'Lena made his name widely known by becoming NCHA Champion, World Champion Sire, Res. World Champion Sire NRHA Get Money-earner, NCHA Get Money-earner, NCHA Get Money-earner, ROM Performance Sire, Working Cow Horse Get Money-earner.

Horsenality™: Left-Brain Extrovert/Introvert

Where from: Atwood Quarter Horses

Special Features: He has a "cowy" mentality. He loves to move the cows around and even challenge the dogs.

Evolution loves to be scratched all over. He is not afraid to tell you where—he will lift his leg, point his nose, whatever it takes to give you the idea that he wants to be scratched.

Pat's Hope for Evolution

His mother was a world-champion cutting horse, and his father was a real all-around Western performance horse. Evolution is a full brother to a horse called Revolution. I went out to the Atwood

Ranch and looked at 120 head of horses. I saw Revolution with about ten other horses when I first drove in, and I knew that he was one I wanted to buy for sure. I knew from the moment I saw him that he was a superstar, a very special horse. I was blown away with the wonderful surprise the next morning when Mr. Atwood told me to load him up in my trailer and take him home. I had never been given a gift like that. Every time I rode Revolution it felt like he came forward faster than any horse I have ever ridden. Everyone that saw him wanted to know who he was and where I got him from. They admired his perfect canter and rhythm. One morning last summer I walked out into the pasture to find he'd had a heart attack and died in the night. Needless to say, it was the shock of my life, and I was devastated. After getting through all of that I went to see Evolution, knowing that he was a full brother. I do not think I have as big a hope for Evolution as I did for Revolution, but I'm really open-minded to see if, when I put the Parelli foundation on him before I ask him to go do anything, he will reveal that there is something really special inside of him.

Bambi Liberty—"Vanna"

Sex: Mare

Date of Birth: May 6, 2000

Height: 15.3 hh

Breed: American Quarter Horse

Sire X Dam: Liberty Major X Salty Varmit Doc. Liberty Major is by Major Bonanza. Major Bonanza was an AQHA Champion, Performance ROM earner, Superior Halter Award Winner, Superior Performance Award Winner, NCHA money earner and has nine World Championships. His all-time points in Halter was 86, and 137 in Performance. Salty Varmit Doc is by Fresno's Salty Doc, who was a super horse of Pat's.

Horsenality™: Right-Brain Extrovert

Where from: Parelli-raised

Special Features: Gorgeous head—if horses could be supermodels, she has the face, and her body is an elegantly refined powerhouse!

Vanna loves to let herself out of the stall and then let all of the other horses out, too. Now we have to tie her stall closed.

Pat's Expectations of Vanna

Vanna is an interesting story because she did not really get as good a foundation as I would have liked to have seen on her. Even though she's almost eight, we were still traveling quite hard when she was young, so she was ridden by students who were still learning. She's



Vanna

a little bit of an anomaly at this point, because instead of getting to six or so and having a great foundation, she's just now getting there. To be honest with you, I'm still *hoping* that she will become something. What she's showing us is that she is going to make a great English performance horse, and maybe even a driving horse. She's an incredible mover and very impressive in my dressage sessions with Walter Zettl.

Maloga Cut the Deck—"Magic"

Sex: Mare

Date of Birth: November 30, 1992

Height: 15.1 hh

Breed: Australian Quarter Horse

Sire X Dam: Greenhill Decked in Chrome X Greenhill Casha. Greenhill Decked in Chrome is by Morn Deck. Morn Deck is an Australian Quarter Horse Hall of Fame horse. Magic's dam's grandsire is Chickasha Dan, World Champion, NCHA Futurity champion and Hall of Fame stallion.

Horsenality™: Right-Brain Introvert

Where from: Tasmania

Special Features: Athleticism—she is good at jumping, cutting and dressage and all Four Savvys—a true Parelli Super Horse.

When Magic thinks you have a cookie, she gives you an innocent face and wiggles her lips as if to ask, “May I have that cookie, please?” She also likes to drink out of the hose—very politely, of course.

Pat Asks Magic

I’m going to ask Magic to accompany me to only a few more seminars on tour. We’re going to keep her fitness up, but not quite to the level I had her at before. I would have her mental, emotional and physical fitness up to a point where she was ready to blow the world’s socks off at any given moment. Magic is a horse that is racehorse fast, can jump 4½’ with me with a Western saddle on and does good foundation dressage maneuvers. Most of the reining patterns are easy for her, and she’s really good with cattle. She has won almost \$1,000 in NCHA cuttings. She would even look pretty driving a carriage. The most important things now are keeping her healthy and every once in a while taking her to a seminar. She will probably be at the big events like the Savvy Conference. That is where I will ask her if she’s still got another show in her. 🐾



Spot the Savvy!

ANSWERS:

- Linda’s body is relaxed but alert.
- Her expression is neutral.
- Hand released with slack in the line and lower Carrot Stick.
- Changed weight, but she didn’t move her feet.
- No more brace in Allure.



A man wearing a white cowboy hat, a white long-sleeved shirt, and blue jeans is riding a dark brown horse. He is holding the reins and looking towards the camera. The horse is standing on a dirt path with trees in the background.

Faculty Facts from the Parelli Centers

*What's the height of the TALLEST horse that's ever come to the Parelli Center for a course?
Shortest horse? The tallest horse is a Trakehner/Percheron cross. He is almost 18 hands tall.
The smallest horse will be coming to Colorado this summer—a mini!*

The
Silly Bridge

What stands out about the most dedicated students you see?

Avery: Their passion!

Berin: Their attitude. They are the most positive people in the group and are always looking for something to help us with.

Carmen: Their courage, dedication and passion: courage to look deeply within themselves to be the leader their horse dreams of, dedication for the efforts that everyone goes to in order to get to the Center, and passion for the program and to reach for the stars and beyond with their dreams!

Julia: The most dedicated students we see here at the centers have made a huge commitment to be here. They have put a lot of preparation into the trip, into their horsemanship, and into themselves. This program is such a people-changing program, and what I have noticed about the most dedicated students is that they are willing to take a deep look at themselves.

Kathy: They seem to have a lack of brace; this is something we talk about in Fluidity II. Another way to say it is that they are flexible. They can adapt to fit the situation, and they are willing to stretch their comfort zones so that they are always learning.

Kristi: I think what really stands out about our most dedicated students is how willing and open they are to learning. They are ready to take responsibility for their results. They apply their horsemanship skills to every relationship in their lives. I love hearing from the folks who tell us how their experiences here have made them better husbands, wives, mothers, daughters, sons and friends.

Megan: They've put in the time for their own horsemanship through studying the Levels packs, and they've spent countless hours developing not only their horses but themselves through the home study program. The amazing part is that no matter how much they've already learned, as soon as they arrive here, it's like they're immediately HUGE sponges ready to soak up anything and everything that they can get their hands on. The overall picture of our dedicated students is that they live what they learn and they learn what they live.

Tara: Without hesitation, their *attitude*. They have unrivaled focus and humility, allowing them to be able to learn something from the simplest of demonstrations and from more in-depth topics. They are even able to learn by watching other students and, most importantly, from their horse. Plus, they always seem to end up staying!

Trevor: The amount of try they have. No matter what the situation, they are asking questions, looking for a better way to progress with their horses.

What's your favorite part of the Liberty & Horse Behavior two-week course?

Avery: Seeing the students' relationships with their horses grow. The students think they are leaving at the end with a different horse, but the horses are really leaving with a new partner.

Berin: Definitely Horsenalities™ when a student starts to discover the horse's Horsenality™ and play with the strategies for the one that shows up in that moment.

Carmen: All of it!! I do really enjoy the extra detail we go into for the Horsenality™ chart and in identifying Right-Brain and Left-Brain behaviors. Students begin to see different areas where their horses are confident and unconfident, like as a learner or in a new environment.

John: Liberty and Horse Behavior is everything Parelli is, from Horsenalities™ and reading the horse to knowing the hierarchy of needs for your horse. It is all the psychology of Parelli . . . the backbone.

Julia: My favorite part of Liberty and Horse Behavior is when we dive into trailer loading. It brings together all of our principles of not acting like a predator, not being direct-line, and realizing it's not about the obstacle but about the relationship.

Kathy: Seeing the difference *not* riding your horse for two weeks makes in people and in their relationship with their horses. We often have people leave saying they now realize even if they could never ride again, they would be able to have fun and enjoy horses for the rest of their lives!

Kristi: My favorite part of the Liberty and Horse Behavior course is leadership/trailer loading day. We try really hard to affect the students mentally and emotionally on this day. It feels really good when you see someone ready to make a life-altering change.

Megan: Liberty and Horse Behavior is such a special course—probably because it's all about looking at your world through your horse's eyes. Probably the thing that I love best about the course is when we take our students on a journey to becoming a better leader for their horse. There's something different about each one as the students



walk out of the classroom that day. The day is full of possibilities as each becomes the leader his or her horse has been looking for—and the afternoon experimenting time is a beautiful picture of harmony.

Tara: Watching students really try to think outside of the box for their horses.

Trevor: It would have to be Horsenalties™. This clears up a lot of confusion around horses. It opens so many doors for people who otherwise would have been frustrated with their horses.



What's your favorite part of the Fluidity I—FreeStyle two-week course?

Avery: Seeing the students gain confidence and knowing when to ride and when not to ride. Watching their horse's posture improve as the rider's fluidity improves. Dreams coming true!

Berin: Doing the simulations with the students. Not only is it always great fun, but also it is great to see how much they get out of it and then apply it with their own horses.

Carmen: Looking at saddle fitting, shims and horse posture. Here students get to look at their horses with new eyes and then experiment with the new information.

John: Seeing the changes in people that have had their confidence knocked out of them. Seeing them leave with more confidence than they had, but also strategies to continue to gain it. Oh, and yes, bareback and bridleless for the more advanced dreamers.

Julia: Following the cow simulators. It really gives the horses a purpose and piques their curiosity. If the horse is through the control and confidence stages, the competence can be tested with a silhouette or moving object.

Kathy: Saddle Savvy Day. This can be a challenging day for some people, but it is also the most eye-opening. It seems that sometimes you learn the most from things that push you almost to the breaking

point. People can start to look at their horses completely differently after this day.

Kristi: We have a day where we get the students to think about their dreams with horses. These almost always include bareback and bridleless. Then we show them a clip from the movie *The Black Stallion*. It is the scene where the boy rides the stallion on the beach. We get the students to think about what is holding them back from achieving their dreams. It is a really powerful presentation.

Megan: My favorite part of this course is the first day that we actually set the students up to ride their horses. Each individual makes the decision to ride or not, and my admiration for each student goes up when I watch him or her make the choice individually. There's an appreciation shared by the human and horse continuing on the journey together.

Tara: The cattle simulators. It's great to see students preparing for and having a safe, calm and fun ride.

Trevor: The wide range of topics to cover, from saddle fit to impulsion to a horse's posture, and how to improve each one.

What's your favorite part of the Fluidity II—Finesse two-week course?

Avery: Finesse becomes fun!

Berin: I like the last few days of this course, when you can see students starting to put all the little ingredients together. It's an awesome picture.

Carmen: I really enjoy thinking about Finesse as a dance—to remember to keep the fun and play as you dance with your horse. The level of detail we are able to cover—but still keep it simple—is amazing. Pat says, "This is simple. It's not necessarily easy, but it is simple!"

John: Seeing people start to make little changes that, in the end, make a huge difference. The best part for me is that this course takes the most advanced maneuvers that we want to do with our horse and breaks them down into simple steps. From half passes to flying lead changes, all made simple.

Julia: Jumping!

Kathy: Developing a dance and a seamless harmony between horse and rider. Not to say that this happens in just two weeks, but the students get the tools they need to build on when they go home. Often a month or a year later students have the biggest breakthroughs with their horses. It's kind of like building a foundation while you are here, and then when you go home you get the chance to add character and furnish the foundation you've built.

Kristi: Talking to the students about what Finesse means to us and how to get there without causing any brace. We talk to them about dancing with our horses and try to put a picture in their mind of Fred Astaire and Ginger Rogers. It really gets people thinking about Finesse as a dance and about what kind of dance partners they hope to be.

Megan: My favorite thing about this course is probably the *entire* thing! This is where we can get into the realm of performance with the students and truly open all the doors to higher-level maneuvers. The biggest lesson that I learn every time we run this course is that I haven't even touched dreaming big enough—the possibilities truly are endless.

Tara: A Million Transitions and all the simulations and exercises that teach students how to help their horses to respond like a Hovercraft.

Trevor: The huge emphasis on zero brace. What it means to each individual is different, whether it is removing stiffness throughout the body or helping achieve softness with their horses.

"The incredible delivery and abilities of the faculty, along with the Parelli positive atmosphere, has been empowering. I have not only finally learned how to be a strong and provocative leader for my Left-Brain confident horse, I have been reminded of the importance of the relationship before all else. I know it's not about the...

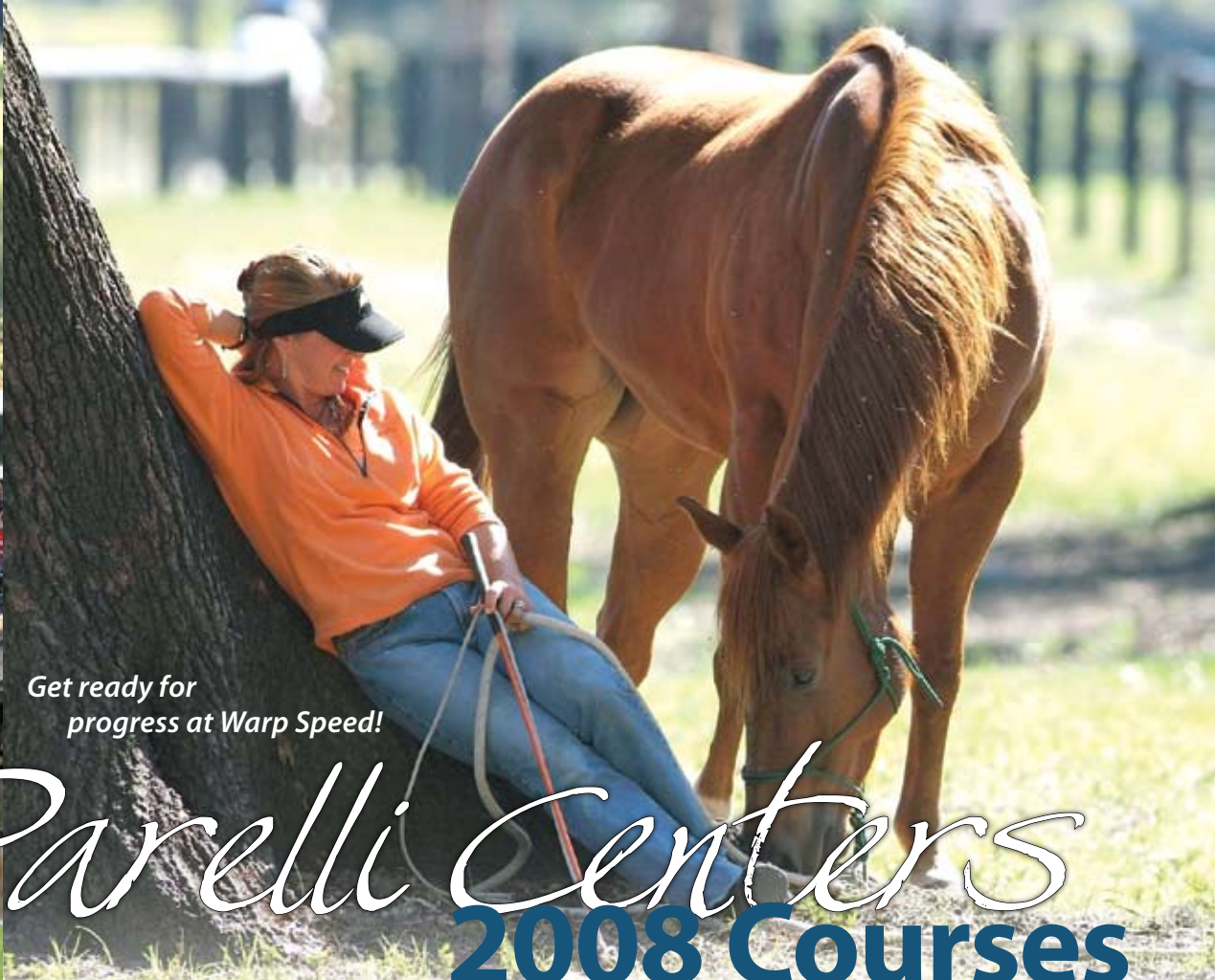
But it is about the gift you all have given me! Thank you!"

— Gina Cavaliero, Florida

"This course has helped me to identify fears and thresholds and to learn to trust myself and my horse. It has stretched me on every mental and emotional level in a way that I could not have imagined or predicted. From here I can move on with consistent confidence as a diagnostic problem solver. From an educator's point of view, the course structure is refreshing and allows learning and change to take place through challenging, building and developing at individual rates. Experimental time encourages seeking out answers through our own resources, knowledge bank and the asking of questions. I have been reunited with my heart, desire and vision. And so the journey continues..."

— Nicky Ripley, Australia





Get ready for
progress at Warp Speed!

Parelli Centers 2008 Courses



2008 COLORADO

Course 1 - Liberty & Horse Behavior
May 18–30, Jul 6–18, Aug 24–Sep 5

Course 2 - Fluidity I—Freestyle
Jun 1–Jun 13, Jul 20–Aug 1, Sep 7–19

Course 3 - Fluidity II—Finesse
Jun 15–27, Aug 3–15, Sep 21–Oct 3

2008 FLORIDA

Course 1 - Liberty & Horse Behavior
Oct 26–Nov 7

Course 2 - Fluidity I—Freestyle
Nov 9–21

Course 3 - Fluidity II—Finesse
Nov 23–Dec 5

Additional information on courses can be found at
www.parelli.com or by calling 1-800-642-3335 (USA)
Remember: Savvy Club members receive 35% off!



2008 STONELEIGH PARK

Horsenality™ - The Key to Understanding Horses
May 12–16

Seven Games™ - The Secret of Teaching Horses
May 19–23

Safe Ride - The Secret of Control and Confidence
May 26–30

Natural Rider - The Secret of Fluidity™
Jun 2–6

Natural Attraction - The Secret to Catching Horses
& Liberty - Beyond the Round Pen
Jun 9–13

Calm Ride - Impulsion: Balancing Go and Whoa
Jun 16–20

Ride Out - Open Areas and Trails
Jul 14–18

Natural Collection - The Finesse Formula
Jul 21–25

Natural Lead Changes - Discover the Lead Change Ladder
Jul 28–Aug 1

Additional information on courses can be found at
www.parelli.com or by calling 0800 0234 813 (UK)
Remember: Savvy Club members receive 35% off!

Please Help!

My horse is not happy when I ride, and I can tell his back is sore. His left shoulder doesn't bulge as much as it did before I began using the Theraflex pad, his major behavioral issues are better with my current saddle, but his back doesn't look healthy. I've read your material and done everything I can to place the saddle and shims correctly...but his lope and trot are still a rough ride...I hate how my legs get thrown forward...can't possibly post...would a Parelli saddle help us? I've owned Shalimar since he was born, and he means the world to me! — Denise

Dear Denise,

You have sure been through the mill in trying to work out what will help Shalimar feel comfortable when ridden and I know just how frustrated you feel because I've been there myself.

In watching your video, I could see the classic signs of a horse escaping shoulder pressure... his weight is on the forehand, his head goes up, his shoulders are down... in fact, right behind the scapula is almost always the lowest point of your horse in motion. The amount of shim you would need to make this saddle more comfortable is considerably more than you have now, and it would likely make the saddle unstable.

Here is how a Parelli Saddle would help:

1. It cannot trap the shoulder. Even if you don't have it shimmed exactly right for perfect back to front balance, it will not pinch the horse. The ideal, of course, is to have it properly shimmed too!
2. Your horse is a big mover, so that means his scapula has a large range of motion. Horses like this inevitably have terrible trouble with saddles that do not accommodate it. Our free DVD will help.
3. It will put you on your Balance Point, with your legs underneath you. I cannot emphasize enough how critical this is. You actually are trying very hard to stay on yours, but you have to fight to get there in a saddle that is already exaggeratedly built up in the front to tilt the rider into position. Unfortunately, that saddle construction technique may help the rider, but the bars still follow the horse's posture and trap it there, preventing him from being able to lift his front end.

If you put a Parelli saddle on your horse, you will find everything improves HUGELY, and immediately. It would also be good to ride him more slowly to help him build his back (do it on a loose rein so he's not giving to the bit and having to bow his neck incorrectly). You might need to be in a smaller area to do this, but you might also find that he slows down just because he's more comfortable.

Another good thing: do more transitions so your horse is as ready to go as he is to slow. When I watch, he is a forwardaholic. He does not look like an innately emotional horse, but he obviously gets that way because of his pain and discomfort. One more thing... instead of holding him back or pulling the reins, slowly lift the reins and then quickly release when he does as asked. Too, a 6 week Hill Therapy program would help in his restoration! — Linda Parelli



Overall shape looks concave, with wasted top-line muscle. This horse's profile tells us what he can and cannot use in his body when ridden.



Traveling with weight on the forehand stresses a horse's entire body, and causes breakdown over time. This saddle is preventing this horse from using his powerful hindquarters properly.



The DVD That Explains It!

Including fascinating video illustrating how horses' backs move, what happens underneath saddles and why it is so important to accommodate this!

Order your copy at www.parellisaddles.com for only \$5 to cover shipping and handling within USA (\$10 elsewhere)

Parelli Saddles



Linda's Dutch Warmblood, Remmer
[Left-Brain Introvert]





Lauren playing with one of Pat's herd, Brooke.

▶ *journeys*

RIDING for

The Journey to Beijing 2008

Gold

by Lauren Barwick





by Lauren Barwick

I have had a fantastic year in preparation for Beijing 2008. Of course, with that said, I have to admit it has had its challenges, leading me in many directions while I try to stay on course so that I can achieve my goals.

When I think back to 2004 after the Athens Paralympics, I vividly remember asking myself if I was up to another four years of dedication with intense, concentrated training. This question cannot be answered lightly, as once you commit to something of this magnitude, you are doing it not only for yourself but also for your country. You are making commitments to your sponsors, to the team of people who selflessly dedicate hundreds of hours to your success and—really importantly—to the people who have chosen to be a part of your journey. I believe it is your attitude and the network of people around you that ultimately will break you or make you.

Having made the decision to train for Beijing 2008, I discovered something was missing. I knew I loved my dressage riding; however, I found focusing only on dressage left me burnt out and unmotivated to compete. I started to lack the desire to go to the barn and be with my horses.

Meeting Pat and Linda was the opportunity I needed to make the change to rekindle my passion for the competition world. One of my challenges was that many of the dressage horses I ended up borrowing to compete on would be heavy in the mouth and/or need lots of leg. Not exactly a good equation when the rider has limited balance with no use of her legs. This is when Pat and Linda introduced me to River. I still remember the day we met in the round pen. She was so full of expression, play, eagerness to please, yet extremely gentle—almost motherly.

The next six months we spent building a relationship. River is extremely sensitive, learning quickly how to respond to all my aids, becoming in tune with the subtlest request. I could click under my breath and she would extend her movement exactly enough. I felt I was wearing the perfect glove.

I took her to our first competition in May of 2007, B.C. Provincials. We won two silver medals—very exciting for our first go.

During the time we had been spending together Pat and I were concerned about her overall soundness. When she arrived home from a phenomenal performance in Australia with Pat, she just didn't seem constantly 100%. This made us uneasy.

Sadly, this last November we made the decision that it was time to come up with another plan for a mount. When I had a quiet moment with River I said, with many tears in my eyes, "Sorry, sweetie, you don't get to go to the party of a lifetime."

Making November more emotional, I had a sad trip home to Vancouver. I traveled home to Canada to work with a personal coach, Sandra Verda. She has played an integral role in my riding over the past eight years, as well as working with our national coach, Andrea Taylor, who is also the owner of the Grand Prix horse Dior that took me to Athens 2004, allowing me to place sixth and seventh out of 21 riders. He also was the horse I was still competing on to keep my national and international rankings, which are fifth in the world and first in North America. I was going to do my clinic with him; however, I discovered a problem



Lauren with River at the Parelli Savvy Conference

with his health when I arrived. Two days later he had to be put to sleep. All I could do on my last evening with him was thank him. He had been my dancing partner for four years, and we had achieved many dreams and goals together.

Arriving back in Florida, I admit to having felt panicked. Seven months out on qualifying, and I was horseless. While looking for my next competition horse I decided to pull my personal mare, Hungarian Cayenne (Peanut), out of the pasture and see what she was capable of. I had trained her for jumping before I had broken my back, and since then eight years had passed with her doing very little.

To assist in the hunt for a new horse Linda sent out an email to all our associate trainers and instructors, requesting any leads on possible horses. Thank you to all who responded.

Pat also introduced me to David O'Connor. After we had a great discussion, he offered to let me try his lovely gray horse Walk on the Moon (Danny). I was honored! After a few rides we decided that we would give him a test run at an upcoming competition. I traveled over to the O'Connors' four or five days a week until the middle of January. It is not an easy transition for a horse to go from being ridden with legs for most of his life to having

zero guidance/communication coming from its human's lower half. He was such a trooper. During our training I became troubled with his impulsion. If I were to place him on a Horsenality™ chart, I would definitely say he was a Left-Brain Introvert with a natural impulsion of *one* on a scale of one to ten! Very obedient, but not extremely motivated to go forward.

Our show went well. The judges thought we made a smashing couple yet did mention we needed more forward energy. This is definitely achievable; however, when it comes down to it, it's just not natural for him, making riding him more difficult than it needed to be. My mare Cayenne did remarkably well; she even got a qualifying score for Beijing. However, in her first class her emotions got the better of her, and we did some lovely piaffe, which would have been totally acceptable except that we were supposed to be walking.

I was given a lead on a nice dressage horse found on the Internet that was located in the Orlando area. When I first saw Maile (pronounced *may-lee*), a 14-year-old Dutch Warmblood, I could see that she was a flashy mare and definitely looked the part of a dressage horse. My first three rides went very well; I was surprised how willing she was and (in such a short time) how much I was capable of doing with her. This made the wheels in my head turn as I wondered what we would be capable of once she came to "Pat's World."



At Pat's barn in Florida

We managed to arrange for Maile to be leased by Parelli. It was the first week in January, and she was now mine to play with. Our second ride at the ranch was with Walter Zettl. He was very complimentary. After three lessons with Walter, Maile and I went to our first dressage show in Ocala.

The Ocala show was a good test run for us. To add to all the excitement, Walter came to the show and helped me in the warmup ring. Maile and I did very well, achieving two of the three qualifying scores needed for Beijing. My mare Cayenne also did an excellent job, with some more fantastic piaffe!!! Still working on the walk.

At the end of January I competed in West Palm Beach. My main focus was to achieve one more championship score so that Maile would be officially qualified for Beijing. The show was a total success.

I competed in a FEI Open class, which combined many different levels of riders, from Grand Prix to FEI Pony; there were 21 in the class. The horses were phenomenal, with many good riders. I remember just thinking about what my goal was: achieve a qualifying score. When I discovered I had won the class, I was shocked! I was happy but most of all relieved that I had done what I'd set out to do. I could now go back and start working

on making our foundation solid, developing Maile from a nice Lexus to a fine Ferrari—a smooth ride where we truly look like a unified pair moving as one.

Every day that I play with my horse I have to remember that I am not just building a crummy cottage that will manage to keep me warm and dry, but an extraordinary castle, and when put to the test there is no doubt that the foundation is solid and the unnecessary luxuries are icing on the cake . . . and that's what the Parelli Four Savvys are helping me to do.

We are currently working on "smooth transitions and snappy departures."

I have until June 4 to submit qualifying scores, and I can do so on as many horses as I like. By the end of June Canada will select the four riders who will ride in Beijing (or actually Hong Kong, as that is where the equestrian sports will be held). From now until then I will continue competing to develop myself and my horse so that we can peak when it really counts.

Every time I wake in the morning I remind myself, "What you do today is important, because you're exchanging a day of your life for it. Don't just spend your time—*use it well*."

"Reach for a rainbow and chase a few dreams, and discover how close the impossible seems." 🐾



Homeward Bound by Kalley Krickeberg

Continuation of the “Brilliance in Breeding Meets Prior and Proper Preparation” Story

Let me see, where did we leave off? Ahh, yes, the 2007 Savvy Conference. Last time we visited, Mike and Catherine Sapienza and I were packing up to head home from the conference. Little did we know our “home” was about to move from Elk Grove, California, to a small town with big views, Orland, California.

And our Atwood Ranch Naturally team was destined to triple in number, from three members to nine members. We fast-forward six months from the Savvy Conference to late February 2008 for the continuation of our journey.

The Move

There were whispers in the wind before we left for the 2007 Savvy Conference that there was a possibility we would be moving once we returned home. (I have to admit I was crossing my fingers in hope that this was the case! I knew where we might be headed.) The

whole Atwood Ranch Naturally operation and the lives of Mike, Catherine and me were about to undergo a big adjustment. I am sure the great successes that were had by all at the conference were a contributing factor, and it made sense to move the Parelli Pre-School closer to where it all begins. That would be the main breeding facility for Atwood Ranch in Orland, California. There the stallions, mares and babies are housed, bred and raised on the beautiful hills of northern California. I had thought from the beginning how wonderful it might be if we were able to influence the young horses that were designated for the Pre-School as early as possible, maybe even before they

were born, through building a positive relationship with their mothers. I think someone must have heard my wish, because here we are 11½ months later, back where it all began.

The Orland ranch is nestled in the foothills of the Mendocino mountain range, with spectacular views of Mount Shasta, Mount Lassen and, on a clear day, the Sierras to the east. The sunrises and sunsets are breathtaking and leave you wishing they would last just a *little* longer. The 700-acre ranch in Elk Grove was a generous and wonderful start for Atwood Ranch Naturally, but beauty-wise a far cry from the scenic views of the 3,500-acre ranch in Orland. So there we were, back where this all started nearly one year ago. It was hard to believe a year had passed since this journey began. Time flies when you're having fun, as they say. I think time flies when you're *working hard* and having fun!

The Team

Once we made the move to the Atwood Ranch in Orland and settled in, Mike and Catherine stepped into ranch management positions. Their first task was to begin strategically placing people in important roles. We have added a few more Parelli students to the team, and a couple other highly qualified people who handle the mares and stallions and the breeding/foaling side of things. We now have a full-time veterinarian on staff who expressed her interest in what we were doing and wished to be a part of it. It has been like that famous movie line, "If you build it, they will come." The team that has been put together is a fine one; everyone wants to be part of something special, and it is becoming just that.

The New Pre-School

The most exciting part of the move for me was the designing of the new Parelli Pre-School. I have been with Pat and Linda for a while now, and during this time I have been through a few facility setups, tear-downs, re-dos and do-overs. When we were studying a site for a facility, Pat would tell us to allow the lay of the land and what was already there to reveal its potential. This way we could find ways to naturally use and accentuate the land's positive qualities and unique characteristics. This ranch had a beautiful setup already; it was originally designed to be a professional cutting horse operation. The facility included a 180' round corral and a 125' x 250' covered arena surrounded by pens and paths galore. There was potential everywhere. All it needed was a bit of elbow grease and some polishing, and it would be *perfect* for a Parelli Pre-School! We added just a 50' round corral, a couple of strategically placed pens and a playground equipped with natural obstacles, undulating ground and a view of the beautiful buttes this country is known for. And there you have it. Sometimes I even get to say what we hear Pat say quite often in Colorado: "Whew, shame about the view!"

The Babies Are Coming!!!

We humans are not the only ones enjoying our new home! The Atwood babies started arriving in late January. My goodness, how precious, pure and full of talent! Since we are so close now to the mares when they foal, we are planning on being a part of the foals' lives starting in the early learning stage. By late February we had nine babies on the ground—four fillies and five colts—all strong, healthy and starting to be good puzzle solvers. By the end of August the foal crop will be nearing 70 strong—wow!

The Future

The future of Atwood Ranch and the Parelli Pre-School is bright and exciting. We are busy planning an open house for everyone to come and see our beautiful facilities firsthand. We have kicked off a Parelli Working Student Program for those Parelli Professionals who have interest in young horse development. And best of all, we are planning on attending as many scheduled Parelli seminars as we can to share with the world our latest stars and how we are doing our part to help change industry standards from yet another angle. We hope to continue to be industry leaders and make change where we can. We hope that when we see you in the future, we'll be visiting with you in a pasture full of beautiful Atwood babies with arrows in their quivers and the world at their feet! 🐾



courtesy photo



courtesy photo



courtesy photo



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It's exciting to practice Level 1 stuff because I can go out and be with my wonderful pony.



DEX RIDING FEBRUARY 2008

Once Sophie began to feel safer around Dexter on the ground—picking up his feet, leading him around the ranch and watching what he was apt to do if he got worried—she felt confident to mount up and learn what it was like to ride her pony.

This was their third ride, following Mom around to keep it slow, fun and, most importantly, *safe*.

Dexter seemed to know what precious cargo he was carting around. He got a soft look in his eye and took it easy, and Sophie now thinks riding is “the best!” She also loves that Parelli is all about putting the relationship first (and we think Dex does, too).

I like riding on a Bareback Pad because you get to feel how the horse moves. I like the handle to hold on to, and Dexter likes to go slow for me.



I was a bit worried he might move when I got on him, but he just stood there with his mane and tail blowing in the wind.



Chillin' out. Dex's shadow was nice and cool.



Instead of playing tug-of-war I could just bump the rope to get his attention. Tug-of-war means one of us wins and the other loses. Doing the jumps was fun because I got him to jump from a standstill. My favorite part was when I took him through the car wash and dropped the rope and he kept following me.

When I ride Dex I get to know him better and get to spend time with him. I like to ride with my Mom, but I don't like it when she tells me what to do.



I gave him a big hug because he did such a good job!



I had fun and can't wait till the next time I can go riding. I can experience him more.

Linda's Journey

How Interesting!

Many of you know that I am studying Levels 5–6 of Finesse with the wonderful classical dressage master Walter Zettl. Well, what a journey I'm on with Remmer now!

My darling Left-Brain Introvert really would not sign up for dressage,* so it's been a very interesting time for me in pursuing my own education in this area with a horse that is really not fascinated at the level at which I am! Don't despair; things are going very well, thanks especially to Walter, who is so in line with our principle of putting the relationship first. And I hope you know I would never sacrifice my relationship with Remmer to meet my selfish goal. I totally acknowledge Remmer's role in helping me become who I am every day. . . and holding me to that. Talk about horses being great levelers!

So here is the story of two months of *Hell!*



Horse looks nice and round BUT notice how my thighs are tight, drawing my knees up and pushing me to the back of the saddle.

The Situation

Walter is pressing me to find a way to stretch into a long dressage leg without getting stiff, even longer than I thought possible! So for the last three months I have been committed to finding it and figuring out what it takes to remain true to my principles of Fluidity and Balance Point . . . which has also been a kind of test of those theories.

I asked Remmer's permission to allow me to experiment and apologized every day before I got on him for the mistakes I was going to make in the name of pursuing this, because right then this was more about me than about him, and I needed him to cut me some slack. As he is a Left-Brain Introvert, that should not go down very well, but we've built a strong relationship that has been very forgiving on both our parts, so my hat is off to Remmer big time. You'll see why as you read on.

What Happened

Every day that I rode Remmer during this period I had my stirrups down long as I struggled to find the longer leg that I didn't think I had. I'm not known for long legs! So every ride was uncomfortable to some degree for me, which meant it was probably even worse for the lovely horse under me. But bless him, he tolerated it. Rest assured, he would buck me off if I upset him too much, and at the very least he would not have come to the gate when I appeared. But he kept showing up for me.

My back ached; it was not fun, but it was fascinating. And every day that I took the saddle off after the ride there were two big ruffled-up patches of hair right behind his scapula. Worse still, the sweat marks from the saddle and pad were 3" to 4" over his scapula at rest. Sheesh! Fortunately, Remmer's back was not sore, and I attribute this more to the English Fluidity Saddle and Theraflex Pad than to anything. (If it had gotten sore, I would have stopped immediately and searched frantically to define the problem and answer.)

Hindsight Is 20/20

Remmer's shape started to change, but it kind of crept up on me. His belly started to look unusually big (he puts weight on easily, but his belly does not usually sag), he developed a dent in his neck right in front of the withers and his neck started to show different muscle

patterns. At first the increased muscle below his crest seemed impressive, but as the weeks went on I finally realized that something was wrong. That beautiful dolphin-like top line was starting to get dips and swells in it. (Those of you who have done Course 2 at the Parelli Centers know what I mean . . . there were +’s and – ’s galore. Yaaaaarghhh!)

As I look back, I can clearly see what went wrong. I was so obsessed with finding that longer leg and blaming everything on my being incompetent that I totally spaced on the fact that I had changed the shim pattern in my Theraflex Pad at exactly the same time! I actually can’t remember why I did that, and I wonder now why I did, because when something ain’t broke, why fix it? For sure I was experimenting, but I can’t remember why.

If a student told me her back was aching, the saddle was sliding forward, the horse had trouble cantering and had ruffled hair in the scapula area, what would I tell her?

The Change

The moment I realized that the problem might be the shim pattern was when I was riding in the playground, struggling with my longer leg profile and with my back aching. The saddle had visibly slid forward, and Remmer’s canter was flatter than a pancake. And then the thought crossed my mind: “If a student told me her back was aching, the saddle was sliding forward, the horse had trouble cantering and had ruffled hair in the scapula area, what would I tell her?” I would tell her that the shim pattern was probably not right, so she couldn’t get on the Balance Point. Riding should not be painful, and saddles do not slide uphill. In that moment I stopped and adjusted the shims in the pad to where they have been for the past three years, thus giving my horse’s shoulders more room, allowing him to reach uphill in his withers and put his hind legs more under him and putting me on my Balance Point, out of pain and *with* a longer leg profile to boot!

The result was instantaneous. First of all, everything I asked him to do in a collected frame immediately became ten times easier. Second, Remmer felt way more uphill and smoother to ride, and I had no more aches. Third, there were no ruffled hairs when I unsaddled him, and the saddle did not slide forward. Yes!

Conclusion and Solace

As every student experiences in his or her journey, there are many times when you can feel wrong

and stupid, but you pursue it doggedly, defying logic and criticism. Sometimes you are right on and succeed despite the discomfort that learning entails just because it is unfamiliar, and sometimes you realize you had a brain bypass and forgot to include what you already know and made it way harder than it might have been! But in the end, a student cannot make a mistake. That’s because a mistake is something you make only when you know better. I am grateful for all my learning experiences because they are an integral part of learning. Even more, I’m grateful for the relationship I have with my Remmer, because he tolerates my learning and makes it possible for me to grow. Most of all, I am grateful for learning to be a great student who will never give up, no matter how uncomfortable it gets, because I am totally committed to never-ending self-improvement. Finally, I’m eternally grateful to Pat Parelli, who has given me a pathway to success with horses in which the relationship can still be number one. 🐾

**Dressage. In this context, Pat and Walter agree that today there are two types of dressage: the classical dressage, which embodies the principles of the great masters of horsemanship, and the modern competitive dressage we see today, which does not necessarily follow the same set of principles. To this end, both work very hard to preserve the dignity of the horse as man’s partner in these high-level pursuits. They are now collaborating on a book on the bridge between Parelli Natural Horsemanship and classical dressage.*

For more info on Walter Zettl, go to walterzettl.net.

For more info on shims and Parelli saddles, go to parellicollection.com.



***Four weeks later,
Remmer's topline is back.***

A Level 2 Journey - Part 14

by Yvonne Wilcox

Over the past two years of Savvy Times Yvonne has shared her journey through Level 2 skills, bucking issues, Fluidity lessons and the Horse Behavior trailer loading marathon that totally transformed a four-year relationship with her Arabian mare, Escada. In this issue we hear about lessons—revisited—in confidence.

Confidence Gained, Confidence Lost



If you've ever read one of my journal entries in this magazine before, you know that I'm not the most confident person around horses. (Being a Right-Brain Introvert makes that kind of obvious!)

Confidence is something I've had to work on, well, my whole life! The Parelli Program, plus Pat and Linda setting the example of what confidence looks like, has helped me enormously.

It's taken a long time to feel confident on Escada's back—first at all, then at walk, trot and finally at the canter. I can now go for a ride and feel like I know how to “set it up for success.” Success to me means Escada doesn't buck. If I have her mind prepared well, she doesn't even consider bucking. Sometimes I can feel her consider it and not do it—that still feels like success!

I received a letter recently from someone who had viewed one of my lessons on a Savvy Club DVD. She said that I was a “terrible rider” and that if I was to ride any of her horses I'd be “dumped in a heart-beat” because of my seat.

At first I felt fine after reading the letter, knowing that everyone's entitled to their opinion . . . and I'm only Level 1½ in the saddle anyway, so I know what my level of competence is.

I didn't think about the letter too much more after that. Or so I thought, until my next play session with Escada.

I hadn't played with Escada for about three or four weeks due to a heavy work/travel schedule. I'd only seen her here and there for a few scratching sessions.

My plan for our next play session was to get her out on a 45' line and play with transitions:

- To try to learn better how to watch and read her emotions and body.
- To see how she managed herself through the transitions.
- To see how good I could get at directing her feet and speed on the ground.

Something had clicked for me while watching Linda's “Million Transitions” and Pat's “Transitions on the Ground” videos from the January 2008 DVD. I felt I'd gained a better level of understanding about how to prepare Escada before riding, help equalize her impulsion and

help her practice trot-to-canter transitions (which have always been her biggest bugaboo). Before Escada and I met, I don't think she'd ever bothered to put trot-to-canter into her repertoire. She'd just go from a trot to a crazy run.

So finally the day came where I had time to get out into the playground and play.

I groomed and saddled Escada, then led her to the play area on a 45' line. My plan was to play on the ground until she looked ready to ride, then go for a ride around the playground with impulsion, practicing transitions, with no bucking!

Those kinds of obstacles are her favorite things because she knows she gets to stand still.

We played some games on the way to the playground: backing through trees, sideways along a fence, a few circles. She seemed to be in a great, soft mood. So far, so good.

In the playground I asked her to put her foot on some different obstacles, cross some bridges and stand on pedestals, all with her 45' away from me. Those kinds of obstacles are her favorite things because she knows she gets to stand still. Perfect for the Left-Brain Introvert “What's in it for me?” Horsenality™.

I then asked her out onto a traveling circle. First small circles of around 22', then gradually larger and larger, all the while asking for up and downward transitions. She was really listening to me and even offering to go from trot to canter before I asked! Knowing what it's taken before to have her go from trot to canter smoothly, how much coaxing it would take, it was a thrill to have her offer it on her own.

As we ventured further and further to the other side of the playground and away from where Linda and Remmer were playing, she began to get a little Right-Brain. She began to go into the canter and start bucking, trying to kick the saddle with her hind feet! Then she sped out of the canter and into her crazy run. It took a lot of changes of direction and smaller circles to bring her mind back to me. I enjoyed the challenge because I knew what to do to help her, and it worked nicely. She began to slow down and rate herself, started breathing again and then looked at me for direction.

As I watched her out on the line bucking and trying to kick her saddle, I thought, “I can't ride that.” So when she calmed down, started thinking again and stopped flipping out, I called it a day.

That night, lying in bed and processing the day, I replayed the session in my mind. Suddenly I realized why I didn't get on. I *could* have ridden her at the end of that On Line session, but for some reason I didn't do it. The more I thought about it, the more I remembered how I've ridden Escada through much worse situations—and even bareback! Then it hit me: It took me four years to build my confidence to ride and one single negative letter to take it away.

I went to sleep that night eager to get back out and repeat the session, but this time in my *confident* mind.

The Next Play Session

Two weeks had passed, and I was able to grab some time for Session two.

Got my 45' line. Got my saddle. Seven-Gamed my way out toward the arena.

Sent her out on big circles. Small circles. Transitions. Changes of direction. Upward transitions squeezing between me and the fence on the circle. Fast canter. Slow canter. Fast trot. Slow trot. Walk. Stop. Pick at the grass . . . It felt *great*. She thought about bucking once while going from slow canter to fast canter but decided against it. I can see

this in her face: She gets a naughty look in her eye and then tosses her head. The head toss makes its way down her body, then either fizzles out or pops out in a buck.

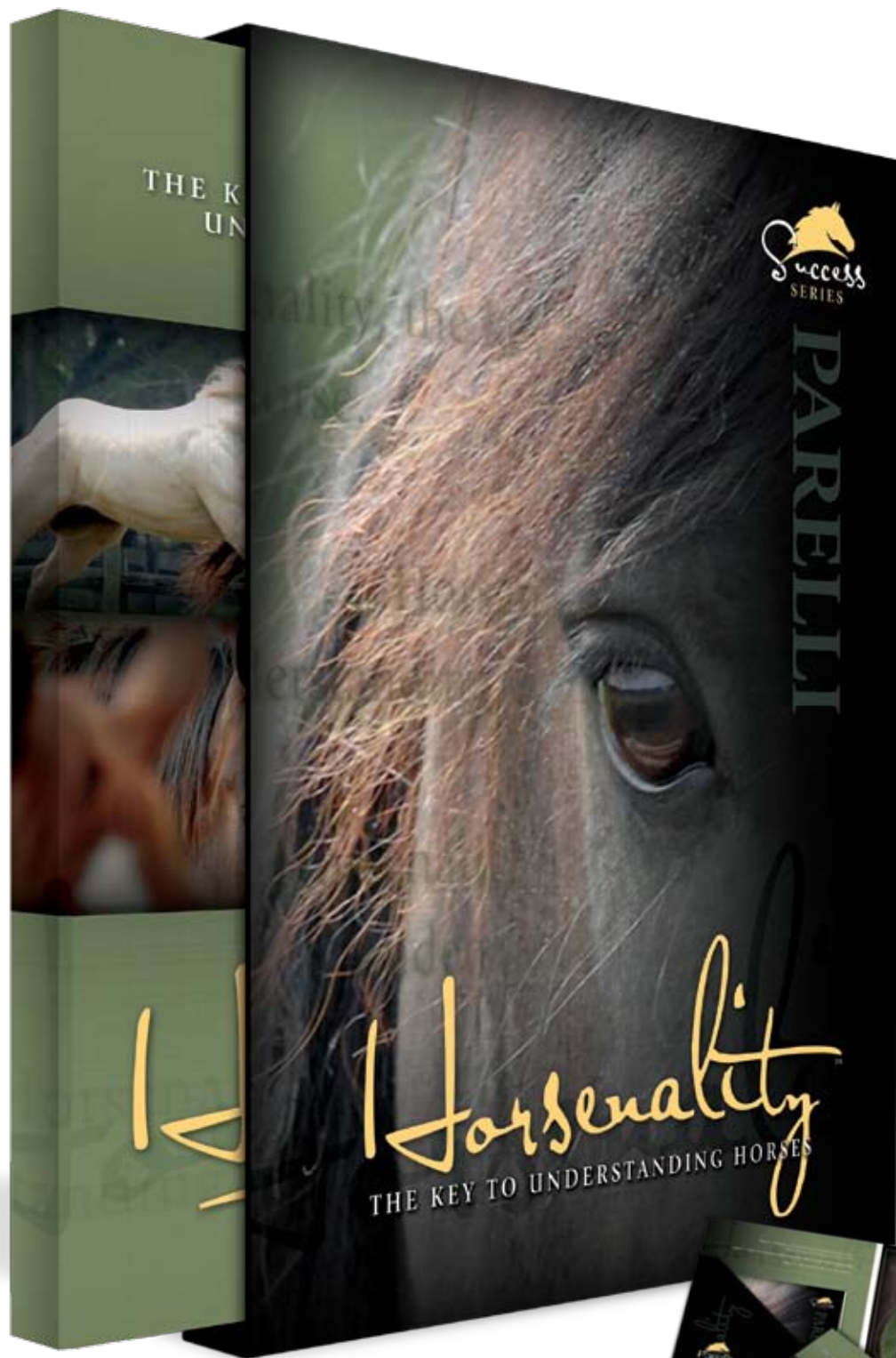
When I mounted and started riding around the rail of the arena she felt the most obedient she's ever felt under saddle. It sure pays to warm up *well*! Walk, trot, canter . . . everything felt really nice. In the canter I felt my confidence come back, and Escada didn't think about bucking *once*! Yay!

After this session I asked Linda what she does when she reads or hears a negative comment about her that she can't get over. Her response was very useful {and I wish I'd asked her the question sooner}:

"I just say to myself, 'What other people think of me is none of my business, what other people think of me is none of my business, what other people think of me is none of my business . . .' and repeat it *over* and *over* and *again* and *again* until the feeling is gone. You see, there are always going to be critics; some are right, some are not, but you don't have to let them undermine you. It's all about how you deal with it, and I make it my responsibility not to take it personally."

So I tried this, and it really does help. Another lesson learned. And what a *good one*. See you next issue! 🐾





"The Horsenality Chart is one of the best tools I have seen from Parelli. It is so complete, so sophisticated, yet so easy to use. Now I have a way to really feel I am starting in the right place. Please convey my thanks to Linda and Pat for once again giving us a key to unlock the gate to communication with our wonderful partners."—Maggie W.



way more than riding





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GIFT CERTIFICATES



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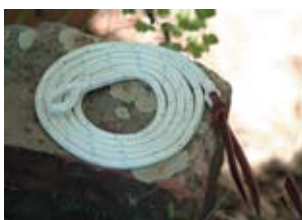
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Afternoon Stroll...

Pat and Linda with Remmer, Vanna, and Allure.

Parelli Center, fall 2007 Pagosa Springs, CO

